

# January 25 – August 3, 2025



EVENT	DATE *TIMES IN LONDON TIME	DETAIL/THEME
Registration Closes	Jan 22, 2025	Last date to sign up.
Training Start Date	Jan 25, 2025	First date to access course content
Live Session I	15:00-16:15 Jan 25, 2025	Introduction & Insight Yoga
Live Session II	15:00-16:00 Feb 22, 2025	Yin Poses, Finding Your Edge and Q&A
Live Meditation Session I	15:00-15:45 March 22, 2025	Meditation guided by Ty
Live Session III	15:00-16:00 Apr 19, 2025	Mindfulness Meditation and Psychological Inquiry
Live Session IV	15:00-16:00 May 24, 2025	Hand-on Adjustments for Yang Poses, Class Planning and Q&A
Live Meditation Session II	15:00-15:45 June 14, 2025	Meditation guided by Ty
Live Session V	15:00-16:00 July 12, 2025	Suggested morning practice
Training End Date	Aug 3, 2025	Final date to access course content and submit assignment.