

INSIGHT YOGA PRIMARY ONLINE



January 11 -April 30, 2027



EVENT	DATE TIMES IN LONDON TIME	DETAIL/THEME
TRAINING START DATE	JAN 11	FIRST DAY TO ACCESS COURSE CONTENT
LIVE SESSION I	JAN 16 15:00-16:15	INTRODUCTION & INSIGHT YOGA WITH SARAH
LIVE SESSION II	JAN 27 15:00-16:00	YIN POSES, FINDING YOUR EDGE AND Q&A WITH SARAH
LIVE MEDITATION I	FEB 13 15:00-15:45	LIVE MEDITATION WITH TY
LIVE SESSION III	FEB 27 15:00-16:00	MINDFULNESS MEDITATION AND PSYCHOLOGICAL INQUIRY WITH SARAH
LIVE SESSION IV	MAR 13 15:00-16:00	HANDS-ON ADJUSTMENTS FOR YANG POSES, CLASS PLANNING AND Q&A WITH SARAH
LIVE MEDITATION II	MAR 24 15:00-15:45	LIVE MEDITATION WITH TY
LIVE SESSION V	APR 3 15:00-16:00	SUGGESTED MORNING PRACTICE WITH SARAH
TRAINING END DATE	APR 30	FINAL DAY TO ACCESS COURSE CONTENT AND SUBMIT ASSIGNMENT



Sarah and Ty Powers
Insight Yoga Institute