



ABHAYA YOGA ADVANCED TEACHER TRAINING
300 E-RYT
WITH LEAD TEACHER TARA GLAZIER AND GUESTS

APRIL 2020-NOVEMBER 2020

Fridays 4-9pm

Saturdays 9-6pm

Sundays 9-6pm

April 24, 25, 26

May 8, 9, 10 (Restorative TT)

May 22, 23, 24 (Retreat Weekend)

June 5, 6, 7

June 19, 20, 21

August (20 hour internship with 200 hour TT, hours by choice. Aug 4-28)

September 11, 12, 13

September 25, 26, 27

October 9, 10, 11

October 23, 24, 25

November 6, 7, 8

November 20, 21, 22

240 Hours

AdditionalHours:

20 hours of internship/assisting with an Abhaya Teacher

20 hours of reading and homework

10 hours of Practicum (3 observations and 3hands on adjustments)

10 hours of personal internship choice

280 Contact Hours

20 Hours off-site reading and hmk

= 300 Hours