



MY VINYASA PRACTICE

UPLIFTING COLLECTIVE CONSCIOUSNESS

MVP CLINICAL YOGA THERAPY 2025 TRAINING DATES

SPRING 2025

JANUARY

YOGA FOR RECOVERY (M2)
JAN 4-6, 2025
FOLLOW UP DATES;
JAN 16TH & 30TH

FEBRUARY

MARCH

YT INTERVENTIONS (M2)
MAR 8TH - 10TH
FOLLOW UP DATES;
MAR 20TH

APRIL

YT INTERVENTIONS (M2)
FOLLOW UP DATE;
APR 3RD

YT FOR MEMORY LOSS (M2)
APR 12TH - 14TH
FOLLOW UP DATES;
APR 24TH

SUMMER 2025

MAY

YT FOR MEMORY LOSS (M2)
FOLLOW UP DATE;
MAY 1ST

PRE & POST YOGA INT. (M2)
MAY 10TH - 12TH
FOLLOW UP DATES
MAY 22ND & 29TH

JUNE

PSYCHOLOGY OF YOGA (M2)
JUNE 14TH - 16TH
FOLLOW UP DATES
JUNE 26TH

JULY

PSYCHOLOGY OF YOGA (M2)
FOLLOW UP DATES
JULY 10TH

BIOLOGY OF YOGA (M2)
JULY 12TH - 14TH
FOLLOW UP DATES
JULY 24TH & 31ST

**YT APPLICATIONS FOR
ANXIETY (APPLIED)**
JULY 26TH - 28TH

AUGUST

**YT APPLICATIONS FOR
ANXIETY (APPLIED)**
FOLLOW UP DATES
AUG 7TH & 21ST

NADIS & MARMAS (M2)
AUG 9TH - 11TH
FOLLOW UP DATES
AUG 28TH

FALL 2025

SEPTEMBER

NADIS & MARMAS (M2)
FOLLOW UP DATES SEPT 11TH

GROUP YOGA THERAPY (M2)
SEPT 13TH - 15TH
FOLLOW UP DATES
SEPT 25TH

OCTOBER

GROUP YOGA THERAPY (M2)
FOLLOW UP DATES
OCT 9TH

**YT APPLICATIONS |
PRANAYAMA (APPLIED)**
OCT 11TH - 13TH
FOLLOW UP DATES
OCT 23RD

NOVEMBER

**YT APPLICATIONS |
PRANAYAMA (APPLIED)**
FOLLOW UP DATES
NOV 6TH

SOUND HEALING (M2)
NOV 8TH - NOV 10TH
FOLLOW UP DATES;
NOV 20TH

DECEMBER

SOUND HEALING (M2)
FOLLOW UP DATES
DEC 4TH