



MY VINYASA PRACTICE

UPLIFTING COLLECTIVE CONSCIOUSNESS

MVP CLINICAL YOGA THERAPY 2026 TRAINING DATES

SPRING 2026

JANUARY

YOGA FOR RECOVERY (M2)
JAN 10TH - 12TH, 2025
FOLLOW UP DATE;
JAN 22ND

FEBRUARY

YOGA FOR RECOVERY (M2)
FOLLOW UP DATE;
FEB 5TH

YT INTERVENTIONS (M2)
FEB 7TH - 9TH
FOLLOW UP DATE;
FEB 19TH

MARCH

YT INTERVENTIONS (M2)
FOLLOW UP DATE;
MARCH 5TH

YT FOR MEMORY LOSS (M2)
MARCH 14TH - 16TH

APRIL

YT FOR MEMORY LOSS (M2)
FOLLOW UP DATE;
APR 2ND & 16TH

SUMMER 2026

MAY

PRE & POST YOGA INT. (M2)
MAY 2ND - 4TH
FOLLOW-UP DATE
MAY 21ST

JUNE

PRE & POST YOGA INT. (M2)
FOLLOW-UP DATE
JUNE 4TH

PSYCHOLOGY OF YOGA (M2)
JUNE 13TH - 15TH

JULY

PSYCHOLOGY OF YOGA (M2)
FOLLOW UP DATES
JULY 2ND & 16TH

BIOLOGY OF YOGA (M2)
JULY 11TH - 13TH
FOLLOW UP DATES:
JULY 30TH

AUGUST

BIOLOGY OF YOGA (M2)
FOLLOW UP DATES:
AUG 13TH

YT APPLICATIONS FOR ANXIETY (APPLIED)
AUG 1ST - 3RD
FOLLOW UP DATE:
AUG 20TH

NADIS & MARMAS (M2)
AUG 8TH - 10TH
FOLLOW UP DATE:
AUG 27TH

FALL 2026

SEPTEMBER

YT APPLICATIONS FOR ANXIETY (APPLIED)
FOLLOW UP DATE
SEPT 3RD

NADIS & MARMAS (M2)
FOLLOW UP DATE
SEPT 10TH

GROUP YOGA THERAPY (M2)
SEPT 12TH - 14TH

OCTOBER

GROUP YOGA THERAPY (M2)
FOLLOW UP DATE
OCT 1ST - 15TH

YT APPLICATIONS | PRANAYAMA (APPLIED)
OCT 3RD - 5TH
FOLLOW UP DATES
OCT 22ND

NOVEMBER

YT APPLICATIONS | PRANAYAMA (APPLIED)
FOLLOW UP DATE
NOV 5TH

SOUND HEALING (M2)
NOV 14TH - 16TH

DECEMBER

SOUND HEALING (M2)
FOLLOW UP DATES
DEC 3RD & 17TH