



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

**YT APPLICATIONS FOR
ANXIETY (APPLIED)**
APR 11TH - 13TH

**YT APPLICATIONS FOR ANXIETY
(APPLIED)**
FOLLOW UP DATE;
APR 30TH

SUMMER 2026

MAY

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

**YT APPLICATIONS FOR ANXIETY
(APPLIED)**
FOLLOW UP DATE;
MAY 14TH

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

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

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

FALL 2026

SEPTEMBER

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