

2020 TRAININGS AND IMMERSIONS

JANUARY

**PK KIDS:
MAKING YOGA
PHILOSOPHY
ACCESSIBLE FOR KIDS**
Directors: Usha Lakshmi
& Amy Necci
Dates: January 17-19
Location: Crofton Yoga,
MD

**THE CLIENT
RELATIONSHIP:
CULTIVATING INTUITIVE
PRESENCE,
BOUNDARIES & ETHICS**
Director: Shelbi Miles
Dates: January 24-26
Location: Main Street
Yoga, IL

200-HOUR YTT
Director: Jacci Gruninger
Start Date: January 24th
Location: Studio 247,
Alabama

**THE UNIVERSE INSIDE
THE BODY OF THE
YOGI: A JOURNEY INTO
THE CHAKRAS,
GRANTHIS AND NADIS**
Director: Yoganand
Michael Carroll
Dates: January 24-26
Location: Yoga for
Everybody, CT

200-HOUR YTT
Director: Kimberly Murphy
Start Date: January 24th
Location: Sacred Centers
East, PA

**DEEPENING THE ASANA
EXPERIENCE: ASANAS
FOR MEDITATIVE
POSTURE 1**
Director: Krissy Simon
Dates: January 24-26
Location: Yoga at Simply
Well, PA

ASANAS AS SPIRITUAL DOORWAYS
Director: Yoganand Michael Carroll
Dates: January 31 - February 4, 2020
Location: Sunlil Yoga, Ontario, Canada

FEBRUARY

**MUSCULOSKELETAL
ASSESSMENT 1**
Directors: Emily Gretz
and Laura Liberatore
Dates: February 7-9
Location: Evolutions
Annapolis, MD

**PRANAYAMA: THEORY
& TEACHING**
Director: Yoganand
Michael Carroll
Dates: February 14-18
Location: Crofton Yoga,
MD

**MEDITATION:
THEORY & TEACHING**
Director: Yoganand
Michael Carroll
Dates: February 21-25
Location: Santosha
Studio, GA

YOGA NIDRA
Director: Steve Wolf
Dates: February 28-
March 1
Location: Jai Yoga, ME

MUSCULOSKELETAL ASSESSMENT 1
Directors: Emily Gretz and Laura
Liberatore
Dates: February 28-March 1
Location: Whole Body Yoga, PA

MARCH

**PRANAKRIYA VINYASA
FLOW-A SUSTAINABLE
PRACTICE**
Director: Krissy Simon
Dates: March 6-8
Location: The Yoga
Center, SC

YOGA NIDRA
Director: Steve Wolf
Dates: March 13-15
Location: Victory Power
Yoga, NC

**THE DEEP ROOTS OF
YOGA**
Director: Yoganand
Michael Carroll
Dates: March 27-29
Location: Main Street
Yoga, IL

200-HOUR YTT
Director: Vladimir Tchakarov
Start Date: March 27th
Location: Whole Body Yoga, PA

APRIL

200-HOUR YTT
Director: William
Hufschmidt
Start Date: April 3rd
Location: Main Street Yoga,
IL

**TEACHING
RESTORATIVE YOGA**
Directors: Shelbi Miles
and Jacci Gruninger
Dates: April 3-5
Location: Evolutions
Annapolis, MD

**MEDITATION:
THEORY & TEACHING**
Director: Yoganand
Michael Carroll
Dates: April 3-7
Location: Yoga at Simply
Well, PA

PK KIDS 2: TWEENS TO TEENS
Director: Emily Gretz
Dates: April 17-19
Location: Crofton Yoga, MD

MAY

MEDITATION: THEORY & TEACHING
Director: Yoganand Michael Carroll
Dates: May 22-26
Location: Main Street Yoga, IL

PRANAKRIYA APPROACH TO YIN YOGA
Director: Amanda Trelino
Dates: May 29-31
Location: Evolution Yoga Atlanta, GA

JUNE

**THE CLIENT
RELATIONSHIP:
CULTIVATING INTUITIVE
PRESENCE,
BOUNDARIES & ETHICS**
Director: Shelbi Miles
Dates: June 5-7
Location: Whole Body
Yoga, PA

**PRANAKRIYA
APPROACH TO YIN
YOGA**
Director: Amanda
Trelino
Dates: June 5-7
Location: The Yoga
Center, SC

**THE UNIVERSE INSIDE
THE BODY OF THE
YOGI: A JOURNEY INTO
THE CHAKRAS,
GRANTHIS AND NADIS**
Director: Yoganand
Michael Carroll
Dates: June 12-14
Location: Crofton Yoga,
MD

JULY

200-HOUR YTT
Director: Kimberly Murphy
Start Date: July 31st
Location: Yoga at Simply Well, PA

AUGUST

**PK KIDS:
GROWING A BODY -
ANATOMY AND
DEVELOPMENT FROM
TWO TO TEEN**
Director: William
Hufschmidt
Dates: August 7-9
Location: Crofton Yoga,
MD

**THE DEEP ROOTS OF
YOGA**
Director: Yoganand
Michael Carroll
Dates: August 14-16
Location: Yoga for
Everybody, CT

**ASANAS AS SPIRITUAL
DOORWAYS**
Director: Yoganand
Michael Carroll
Dates: August 21-25
Location: Evolution
Yoga Atlanta, GA

SEPTEMBER

**UNDERSTANDING THE
HATHA YOGA
PRADIPIKA**
Director: Yoganand
Michael Carroll
Dates: September 4-8
Location: The Yoga
Center, SC

**THE MYSTICAL PATH OF
YOGA**
Director: Yoganand
Michael Carroll
Dates: September 18-20
Location: Evolutions
Annapolis, MD

**YOGA AND THE PATH OF
NO REGRET**
Director: Yoganand
Michael Carroll
Dates: September 25-27
Location: Santosha
Studio, GA

OCTOBER

**DEEPENING THE ASANA
EXPERIENCE: ASANAS
FOR YOGA WORKOUT 1**
Director: Pam Blum
Dates: October 2-4
Location: Evolutions
Annapolis, MD

**ANATOMY FOR YOGA
PRACTITIONERS &
TEACHERS**
Director: William
Hufschmidt
Dates: October 9-13
Location: Crofton Yoga,
MD

**MEDITATION:
THEORY & TEACHING**
Director: Yoganand
Michael Carroll
Dates: October 16-20
Location: Whole Body
Yoga, PA

NOVEMBER

**PRANAYAMA: THEORY
& TEACHING**
Director: William
Hufschmidt
Dates: November 6-10
Location: Evolution Yoga
Atlanta, GA

**DEEPENING THE ASANA
EXPERIENCE: ASANAS
FOR GENTLE YOGA 1**
Director: Jacci Gruninger
Dates: November 13-15
Location: Main Street
Yoga, IL

**UNDERSTANDING THE
HATHA YOGA
PRADIPIKA**
Director: Yoganand
Michael Carroll
Dates: November 20-24
Location: Jai Yoga, ME

[PRANAKRIYA.COM/UPCOMING](https://pranakriya.com/upcoming)

BECOME MORE FULLY ALIVE IN 2020!