

Prenatal Yoga Las Vegas
 85-Prenatal Yoga Teacher Training
 Spring 2024 Training Program Schedule

Spring 2024 – Part 1				
DAY	DATE	TIME	SECTION	LOCATION
Wednesday	3/20/24	12pm-1pm	Orientation	Virtual
Wednesday	3/27/24	9am-11:30am	Prenatal Yoga 101	Virtual
Wednesday	4/3/24	9am-11:30am	Prenatal Yoga 101	Virtual
Friday	4/5/25	10am-11:30am	Chakra Series	Virtual
Saturday	4/6/24	12pm-5pm	Goddesses of Yoga	Virtual or In-Person
Wednesday	4/10/24	9am-11:30am	Diverse Families	Virtual
Friday	4/12/25	10am-11:30am	Chakra Series	Virtual
Saturday	4/13/24	12pm-5pm	Practice Teaching - Foundations	In-Person
Wednesday	4/17/24	9am-11:30am	Human Reproduction & the Pregnant Body	Virtual
Friday	4/19/24	10am-11:30am	Chakra Series	Virtual
Saturday	4/20/24	12pm-5pm	Practice Teaching - Foundations	In-Person
Sunday	4/21/24	8am-1pm	Practice Teaching - Foundations	In-Person
Wednesday	4/24/24	9am-11:30am	Human Reproduction & the Pregnant Body	In-person or virtual

PYLV Training – Part 2				
DAY	DATE	TIME	SECTION	LOCATION
Wednesday	5/8/24	9am-11:30am	Teaching Methods - Elements	Virtual
Friday	5/10/24	10am-11:30am	Chakra Series	Virtual
Saturday	5/11/24	12pm-5pm	Practice Teaching – Pregnancy Conditions	In-Person
Wednesday	5/15/24	9am-11:30am	Teaching Methods - Design	Virtual
Friday	5/17/24	10am-11:30am	Chakra Series	Virtual
Saturday	5/18/24	12pm-5pm	Practice Teaching – Pregnancy Conditions	In-Person
Sunday	5/19/24	8am-1pm	Practice Teaching – Pregnancy Conditions	In-Person
Wednesday	5/22/24	9am-11:30am	Teachings Methods - Cues	Virtual
Friday	5/24/24	10am-11:30am	Chakra Series	Virtual
Wednesday	5/29/24	9am-11:30am	Teaching Methods - Themes	Virtual
Wednesday	6/5/24	9am-11:30am	Business of Yoga	Virtual

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Childbirth Education - Required

*You are required to attend a childbirth education course. If you have taking one within 12 months of training, that may fulfill that section.

Yoga of Childbirth and Comfort Measures

Friday, February 2nd from 6:30pm-9pm

Friday, March 29th from 6:30pm-9pm

Friday, May 3rd from 6:30pm-9pm

Events and Community Classes

*Attending community events are optional, but maybe counted toward elective hours. Elective hours must be pre-approved prior to attendance.

PMAD Training (NV Statewide MCH Coalition)

Tuesday, February 20th at 10am

Friday, March 15th at 10am

Tuesday, April 9th at 10am

Friday, May 10th at 10am

Tuesday, June 4th at 10am

<https://www.eventbrite.com/o/nevada-statewide-mch-coalition-18468301454>

Journey Through Motherhood (Miracle in Progress)

Sunday, April 14th at 11am-3pm