

# COURSE CALENDAR: 2024

## FOUNDATIONAL YOGA TEACHER TRAINING

YTT-200

1

Weekends



**FEB 3 - APR 14**

Sa - Sun: 7 am - 1 pm

2

Weekdays



**JUNE 3 - JULY 20**

Mon to Fri: 10 am - 1 pm

Sa: 7 am - 1 pm

3

Weekday  
Intensive



**SEP 3 - SEP 28**

Mon to Fri: 9 am - 5 pm

## ADVANCED YOGA TEACHER TRAINING

YTT- 300

Weekdays



**JULY 15 - OCT 25**

Mon to Fri: 11 am - 2 pm

Sa: 7 am - 1 pm

## YOGA NIDRA TEACHERS TRAINING

YACEP

Weekday Evenings



**AUG 5 - AUG 23**

Mon to Fri: 6 - 8 pm

Get in touch  
with us!



[www.amruthabindu.com](http://www.amruthabindu.com)



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