**Trauma Informed Yoga Teacher Training Schedule**

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| **Week 1** | **Session**  | **Instructor/facilitator** | **notes** |
| **Session 1**March 24, 20235:00pm-6:60pm EST | **Student Orientation** – course pack access and orientationQ&APreparing for each weekReading, reflecting and discussion\*Slack Group Orientation for Community Connection | Denise Davis-Gains  | Meet the team |
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| **Week 2** |  |  |  |
| **Session 2**March 28, 20232:30pm-4:30pm EST | **Course Overview**Defining TraumaThe Kosha Model and other Yoga Lens that we look throughCommunity Agreements and RespectAccessibility check in30min Break out room | Denise Davis-Gains  | **Discussion Prompts:** |
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| **Session 3**March 29, 20232:30-4:30pm EST | **Ananmaya Kosha**Embodiment and traumaEarth ElementHomework Assignment: What does ritually cleansing the body look like for you? 30min break out room | Denise Davis-Gains  | \*Share link to master class on spiritual problems**Discussion Prompts** |
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| **Session 4**Recorded online | **Anamaya Kosha pt.2** | Denise Davis-Gains | **Discussion Prompts** |
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| **Week 3** |  |  |  |
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| **Session 6**April 4 2:30-4:30pm EST | **Pranamaya Kosha**Energy Body and TraumaWater Element | Denise Davis-Gains | **Discussion Prompts** |
| **Integration-I**April 73-4:30pm EST | **Integration - I** | Denise Davis-Gains |  |
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| **Week 4** |  |  |  |
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| **Sesssion 7**April 122:30-4:30pm EST | **Pranamaya Kosha pt.2** | Denise Davis-Gains  | **Discussion Prompts** |
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| **Session 8**Recorded online | **Pranamaya Kosha pt.3** | Denise Davis-Gains | **Discussion Prompts** |
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| **Guest Instructor**April 1312:00 – 1:30pm EST | **Greif, Death and Dying** *Insert title of presentation here* | Jason Wendroff-Rawnicki |  |
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| **Film & Discussion**April 145pm  | **The Wisdom of Trauma** A film by Gabor Maté | TBA |  |
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| **Community Connection****All bodies**April 162:00pm-4:00pm EST | All welcome Tools to resource and connect with each other and the material | TBA | **Discussion Prompts** |
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| **Week 5** |  |  |  |
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| **Session 9**April 182:30pm 4:30pm EST | **Manomaya Kosha** Mental Body and TraumaFire Element | Denise Davis-Gains  | **Discussion Prompts** |
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| **Session 10**April 193:00pm-5:00pm EST | **Manomaya Kosha pt. 2** | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 11**Recorded online | **Manomaya Kosha pt.3** | Denise Davis-Gains  | **Discussion Prompts** |
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| **Guest Instructor**April 203-4:30pm EST | Session Title and Description TBA | Ida Cullen | Discussion Promptsslides |
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| **Community** **Connection** **BIPOC**April 232-4pm EST | BIPOC identifying FolkTools to resource and connect with each other and the material*There will be a separate link provided to register for this session.* | Crystal Thygard | **Discussion Prompts** |
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| **Week 6** |  |  |  |
| **Session 12**April 252:30pm – 4:30pm EST | **Jananamaya Kosha**Wisdom/Knowledge Body and TraumaAir Element | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 13**April 262:30am – 4:30am EST | **Jananamaya Kosha pt. 2** | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 14**Recorded online  | **Jananamaya Kosha pt. 3** | Denise Davis-Gains | **Discussion Prompts** |
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| **Guest Instructor**April 273:00pm – 4:30pm EST | **Guest Instructor** | TBA |  |
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| **Week 7** |  |  |  |
| **Session 15**May 22:30pm – 4:30pm EST  | **Vijnamaya Kosha** Wisdom/Intuition Body and TraumaAskasha  | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 16**May 32:30pm – 4:30pm EST | **Vijnamaya Kosha pt.2** | Denise Davis-Gains | **Discussion Prompts** |
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| **Guest Instructor**May 43:00pm – 4:30pm EST | **Guest Instructor** | **TBA** |  |
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| **Session 17**Recorded online | **Vijnamaya Kosha pt. 3** | Denise Davis-Gains | **Discussion Prompts** |
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| **Week 8** |  |  |  |
| **Session 18**May 93:00pm -5:00pm EST | **Ananadamaya Kosha**Bliss Body and TraumaEther/Space Element | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 19**May 102:30pm – 4:30pm EST | **Ananadamaya Kosha pt. 2** | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 20**Recorded online | **Ananadamaya Kosha pt. 3** | Denise Davis-Gains | **Discussion Prompts** |
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| **Community Connection** **General/all Students**May 142-4pm | **How to take this Home and into Practice.** | Crystal Thygard | **Discussion Prompts** |
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| **Week 9** |  |  |  |
| **Session 21**May 162:30pm -4:30pm EST | **Asmitamaya Kosha**Core Seed Self and TraumaKarmaBeyond the Elements | Denise Davis-Gains | **Discussion Prompts** |
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| **Week 10** |  |  |  |
| **Session 22**May 173:00pm – 5:00pm EST | **Asmitamaya Kosha pt. 2** | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 23**Recorded online | **Asmitamaya Kosha pt. 3** | Denise Davis-Gains | **Discussion Prompts** |
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| **Integration**May 183:00pm – 5:00pm EST  | **Healer Heal Thyself – The Inner Quest** Doing our own work so that we are best able to be present for others. | Denise Davis-Gains |  |
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Atlas Yoga Studio and School values are those of inclusion, connection, belonging, and relationship with members of all yoga traditions, ages, races, ethnicities, faiths or secular orientations, abilities, gender identities, languages, and socioeconomic status. Atlas Yoga Studio and School will continue to build upon the high standards already set for achieving more diversity within our membership and programming. We invite all individuals who have an interest in yoga to become a part of our community.