

Trainings	School	Dated Completed	Contact Hours	200/300/Additional Training
Level One: Foundations	YogaFit	2018-12-01	20	200 hour training
Level Two: Communication	YogaFit	2019-11-30	20	200 hour training
Level Three: Introspection	YogaFit	2020-03-14	20	200 hour training
Level Four: Tradition	YogaFit	2020-09-10	40	200 hour training
Level Five: Unification	YogaFit	2020-11-07	20	200 hour training
Anatomy and Alignment I	YogaFit	2019-12-07	20	200 hour training
YogaFit Seniors	YogaFit Seniors	2019-10-20	10	200 hour training
YogaFit for Warriors (PTSD)	YogaFit	2020-05-19	20	200 hour training
YogaFit for Improved Pelvic Floor Performance	YogaFit	2020-07-16	10	200 hour training
YogaFit Prenatal	YogaFit	2020-03-13	10	200 hour training
Working with the Chakras	YogaFit	2020-04-03	10	200 hour training
		Total	200	
Anatomy and Alignment II	YogaFit	2023-04-22	20	300 hour training
YogaFit HealthCare:	YogaFit	2023-02-11	40	300 hour training
YogaFit Healthcare 2	YogaFit	2023-05-06	40	300 hour training
YogaFit Restorative	YogaFit	2021-05-26	40	300 hour training
Ayurveda I	YogaFit	2022-01-15	20	300 hour training
YogaFit Pranayama	YogaFit	2020-11-06	10	300 hour training
YogaFit Kids	YogaFit	2022-03-06	10	300 hour training
YogaFit Mommy & Baby	YogaFit	2022-02-05	10	300 hour training
YogaFit Nidra	YogaFit	2021-11-28	10	300 hour training
YogaFit Thai Chi Fit	YogaFit	2022-01-30	10	300 hour training
YogaFit Yin Yoga	YogaFit	2020-11-14	20	300 hour training
Meditation & Mindfulness	YogaFit	2021-02-19	10	300 hour training
YogaFit for Addiction & Recovery	YogaFit	2022-12-17	20	300 hour training
YogaFit for the Change: from PMS to Menopause	YogaFit	2022-12-16	10	300 hour training
Yoga for Emotional & Physical Trauma	YogaFit	2023-01-14	20	300 hour training
YogaFit for Balancing Moods	YogaFit	2023-05-20	20	300 hour training
Ayurveda II	YogaFit	2023-03-11	20	300 hour training
		Total	330	

Yoga For All Teacher Training	Yoga For All	2020-10-07	35	Additional Training
Mindfulness of the Body	Yoga International	2021-04-09	2.5	Additional Training
Yoga Dance Flow	Yoga International	2019-12-12	1.75	Additional Training
Blocks Straps and Chairs	Yoga International	2021-03-26	2	Additional Training
Yoga, Meditation and Trauma	Yoga International	2021-04-13	0.5	Additional Training
Rasa Yoga Chakra Radiance	Yoga International	2021-04-15	3.7	Additional Training
Yin Yang Fusion Class for Spinal Mobility	Yoga International	2021-04-15	1.5	Additional Training
Mindfulness Meditation Step-by-Step	Yoga International	2021-04-09	0.5	Additional Training

Total Training hours to date:	907.45
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