

## Integrated Yoga Therapy: Apr 2014 – March 2016

2014 Dates	2015 Dates
<b>Weekends (non-residential)</b>	<b>Weekends (non-residential)</b>
19 & 20 April	7 & 8 February
12 & 13 July	18 & 19 April
29 & 30 November	25 & 26 September
	26 & 27 November
<b>Retreat dates</b>	<b>Retreat dates</b>
3 - 10 October (8 days)	13 – 20 June (8 days)
<b>Webinars (2 hours each)</b>	<b>Webinars (2 hours each)</b>
10 May 0730-0930	Mar 0700-0900
7 June 0730-0930	May 0700-0900
6 September 0730-0930	July 0700-0900
8 November 0730-0930	Oct 0700-0900
<b>2016 Dates</b>	
<b>Weekends (non-residential)</b>	
6 & 7 February	
26 & 27 March	
<b>This course is 34 contact days (without modules)</b> Teachings are also delivered via audio and video.	
<b>Modules (extra-curricular)</b>	
Ayurveda Programme: Living Well (Foundation Online Programme with webinars & assessed assignments = £450)	
Mindfulness 8-week Training (25hrs = £250)	
Mindfulness Teacher Training (7 days = £)	
Ayurveda Diet & Lifestyle Therapist Programme (optional)	

All **weekend sessions** are non-residential and will be held at the Samye Dzong Centre in Bermondsey London, SE16 3SA.

All sessions are interactive and include physical practices as well as hands on direct experience.

**Retreat** venues are TBC.

For **course fees** and **assignment requirements**, please see attached schedule.