



MVP CLINICAL YOGA THERAPY 2025 TRAINING DATES

SPRING 2025

JANUARY

YOGA FOR RECOVERY (M2)
JAN 4-6, 2025
FOLLOW UP DATES;
JAN 16TH & 30TH

SUBTLE BODIES (M1)
JAN 25TH - 27TH

FEBRUARY

SUBTLE BODIES (M1)
FOLLOW UP DATES;
FEB 13TH & 27TH

MARCH

YT INTERVENTIONS (M2)
MAR 8TH - 10TH
FOLLOW UP DATES;
MAR 13TH & 27TH

INTRO TO AYURVEDA (M1)
MAR 29TH - 31ST

APRIL

INTRO TO AYURVEDA (M1)
FOLLOW UP DATES;
APR 3RD & 17TH

YT FOR MEMORY LOSS (M2)
APR 12TH - 14TH
FOLLOW UP DATES;
APR 24TH

YOGA NIDRA (M1)
APR 26TH - 28TH

SUMMER 2025

MAY

YT FOR MEMORY LOSS (M2)
FOLLOW UP DATE;
MAY 1ST

YOGA NIDRA (M1)
FOLLOW UP DATES
MAY 8TH & 22ND

PRE & POST YOGA INT. (M2)
MAY 10TH - 12TH
FOLLOW UP DATES
MAY 15TH & 29TH

JUNE

PSYCHOLOGY OF YOGA (M2)
JUNE 14TH - 16TH
FOLLOW UP DATES
JUNE 19TH

PRANAYAMA (M1)
JUNE 28TH - 30TH

JULY

PSYCHOLOGY OF YOGA (M2)
FOLLOW UP DATES
JULY 3RD

PRANAYAMA (M1)
FOLLOW UP DATES
JULY 10TH & 24TH

BIOLOGY OF YOGA (M2)
JULY 12TH - 14TH
FOLLOW UP DATES
JULY 17TH & 31ST

YOGA FOR ANXIETY (M1)
JULY 26TH - 28TH

AUGUST

YOGA FOR ANXIETY (M1)
FOLLOW UP DATES
AUG 7TH & 21ST

NADIS & MARMAS (M2)
AUG 9TH & 11TH
FOLLOW UP DATES
AUG 28TH

TRAUMA-INFORMED (M1)
AUG 30TH - SEPT 1ST

FALL 2025

SEPTEMBER

NADIS & MARMAS (M2)
FOLLOW UP DATES SEPT 4TH

TRAUMA-INFORMED (M1)
FOLLOW UP DATES
SEPT 11TH & 25TH

GROUP YOGA THERAPY (M2)
SEPT 13TH - 15TH
FOLLOW UP DATES
SEPT 18TH

ADAPTIVE YOGA (M1)
SEPT 27TH - 29TH

OCTOBER

GROUP YOGA THERAPY (M2)
FOLLOW UP DATES
OCT 2ND

ADAPTIVE YOGA (M1)
FOLLOW UP DATES
OCT 9TH & OCT 23RD

NOVEMBER

SOUND HEALING (M2)
NOV 8TH - NOV 10TH
FOLLOW UP DATES;
NOV 20TH

DECEMBER

SOUND HEALING (M2)
FOLLOW UP DATES
DEC 4TH