**Trauma Informed Yoga Teacher Training Schedule**

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| **Week 1** | **Session** | **Instructor/facilitator** | **notes** |
| **Session 1**  March 24, 2023  5:00pm-6:60pm EST | **Student Orientation** – course pack access and orientation  Q&A  Preparing for each week Reading, 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, 2023 2:30pm-4:30pm EST | **Course Overview** Defining Trauma  The Kosha Model and other Yoga Lens that we look through Community Agreements and Respect Accessibility check in  30min Break out room | Denise Davis-Gains | **Discussion Prompts:** |
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| **Session 3**  March 29, 2023  2:30-4:30pm EST | **Ananmaya Kosha**  Embodiment and trauma  Earth Element Homework 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 Trauma  Water Element | Denise Davis-Gains | **Discussion Prompts** |
| **Integration-I**  April 7  3-4:30pm EST | **Integration - I** | Denise Davis-Gains |  |
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| **Week 4** |  |  |  |
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| **Sesssion 7**  April 12  2:30-4:30pm 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 13 12:00 – 1:30pm EST | **Greif, Death and Dying**  *Insert title of presentation here* | Jason Wendroff-Rawnicki |  |
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| **Film & Discussion** April 14 5pm | **The Wisdom of Trauma** A film by Gabor Maté | TBA |  |
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| **Community Connection**  **All bodies** April 16  2:00pm-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 18  2:30pm 4:30pm EST | **Manomaya Kosha**  Mental Body and Trauma  Fire Element | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 10**  April 19  3:00pm-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 20 3-4:30pm EST | Session Title and Description TBA | Ida Cullen | Discussion Prompts slides |
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| **Community**  **Connection**  **BIPOC**  April 23  2-4pm EST | BIPOC identifying Folk  Tools 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 25 2:30pm – 4:30pm EST | **Jananamaya Kosha**  Wisdom/Knowledge Body and Trauma  Air Element | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 13**  April 26  2:30am – 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 27  3:00pm – 4:30pm EST | **Guest Instructor** | TBA |  |
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| **Week 7** |  |  |  |
| **Session 15**  May 2 2:30pm – 4:30pm EST | **Vijnamaya Kosha**  Wisdom/Intuition Body and Trauma  Askasha | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 16**  May 3  2:30pm – 4:30pm EST | **Vijnamaya Kosha pt.2** | Denise Davis-Gains | **Discussion Prompts** |
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| **Guest Instructor**  May 4  3:00pm – 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 9  3:00pm -5:00pm EST | **Ananadamaya Kosha**  Bliss Body and Trauma  Ether/Space Element | Denise Davis-Gains | **Discussion Prompts** |
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| **Session 19**  May 10 2:30pm – 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 14  2-4pm | **How to take this Home and into Practice.** | Crystal Thygard | **Discussion Prompts** |
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| **Week 9** |  |  |  |
| **Session 21**  May 16  2:30pm -4:30pm EST | **Asmitamaya Kosha**  Core Seed Self and Trauma  Karma Beyond the Elements | Denise Davis-Gains | **Discussion Prompts** |
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| **Week 10** |  |  |  |
| **Session 22**  May 17  3:00pm – 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 18  3:00pm – 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.