



TriYoga® Teacher Training 300h Level I + TriYoga for Everyone

	Module	Date / Time	hours	teacher
1	Level I Technique, Teaching, Practicum	start autumn 2024 6x15h 27. - 29.9.24 26./27.10.24 7./8.12.24 8./9.2.25 10./11.5.25 21./22.6.25	90h	Damaris & Ishtar
2	Level I Technique, Teaching, Practicum	final week summer 2025 7-11.7.25	30h	Rishi
3	Vegan 2	17./18.1.26	6h	Kelli Online
4	Anatomie 2	10. / 11.2.2024 SA 9.00 - 19.00 SO 9.00 - 18.00	15h	Brigitte
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 25.10.24 29.11.24 6.12.24 10.1.25 7.2.25 7.3.25 9.5.25 13.6.25 19.9.25 7.11.25 5.12.25 9.1.26 6.2.26 6.3.26 10.4.26 8.5.26	30h	Kaliji Online
6	TriYoga® for Everyone Intro Yoga Chikitsa (Therapie)	3x 5h 17-19.1.25	15h	Bramhi Online
7	TriYoga® for Everyone Modifikationen bei Schmerzen	3x 5h 21.-23.3.25	15h	Bramhi Online



8	TriYoga® for Everyone Prenatal	6./7.9.25	15h	Ishtar & Damaris
9	TriYoga® for Everyone TY Chair Flow	3x 5h 3.-5.10.25	15h	Kaliji Online
10	TriYoga® for Everyone TY Seniors	3x 5h 13.-15.2.26	15h	Brahmi Online
11	TriYoga® for Everyone Fascial Anatomy	16./17.11.24	15h	Brigitte
12	TriYoga® for Everyone Teaching, Practicum	14./15.2.26 11./12.4.26	30h	Damaris & Ishtar
13	Nada Yoga	13.2.26 / 13.3.26	6h	Amit
14	Sanskrit I	5./6.7.25	12h	Rishi
15	Sanskrit Names for Basics	2x3h 8./9.11.25	6h	Rishi Online
	Total		315h	

TriYoga® Teacher Training 300h - nach Datum

	Module	Date / Time	hours	teacher
4	Anatomie 2	10. / 11.2.2024 SA 9.00 - 19.00 SO 9.00 - 18.00	15h	Brigitte Online
I	Level I Technique, Teaching, Practicum	start autumn 2024 27. - 29.9.24 FR 18.-21.00 SA 9.30 - 17.30 SO 9.30 - 15.30	15h	Damaris & Ishtar
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 25.10.24	2h	Kaliji Online
I	Level I Technique, Teaching, Practicum	26./27.10.24	15h	Damaris & Ishtar
II	TriYoga® for Everyone Fascial Anatomy	16./17.11.24	15h	Brigitte
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 29.11.24	2h	Kaliji Online
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 6.12.24	2h	Kaliji Online
I	Level I Technique, Teaching, Practicum	7./8.12.24	15h	Damaris & Ishtar
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 10.1.25	2h	Kaliji Online
6	TriYoga® for Everyone Intro Yoga Chikitsa (Therapie)	3x 5h Online 17-19.1.25	15h	Bramhi Online
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 7.2.25	2h	Kaliji Online
I	Level I Technique, Teaching, Practicum	8./9.2.25	15h	Damaris & Ishtar
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 7.3.25	2h	Kaliji Online
7	TriYoga® for Everyone Modifikationen bei Schmerzen	3x 5h 21.-23.3.25	15h	Bramhi Online

5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 9.5.25	2h	Kaliji Online
1	Level 1 Technique, Teaching, Practicum	10./11.5.25	15h	Damaris & Ishtar
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 13.6.25	2h	Kaliji Online
10	Level 1 Technique, Teaching, Practicum	21./22.6.25	15h	Damaris & Ishtar
14	Sanskrit 1	5./6.7.25	12h	Rishi
2	Level 1 Technique, Teaching, Practicum	final week summer 2025 7.-11.7.25	30h	Senior Teacher
8	TriYoga® for Everyone Prenatal	6./7.9.25	15h	Ishtar & Damaris
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 19.9.25	2h	Kaliji Online
9	TriYoga® for Everyone TY Chair Flow	3x 5h 3.-5.10.25	15h	Kaliji Online
15	Sanskrit Names for Basics	2x3h 8./9.11.25	6h	Rishi Online
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 7.11.25 5.12.25 9.1.26	6h	Kaliji Online
13	Nada Yoga	16.1.26	3h	Amit
3	Vegan 2	17./18.1.26	6h	Kelli Online
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 6.2.26	2h	Kaliji Online
12	TriYoga® for Everyone TY Seniors	3x 5h 13.-15.2.26	15h	Brahmi Online
5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 6.3.26	2h	Kaliji Online
13	Nada Yoga	13.3.26	3h	Amit
12	TriYoga® for Everyone Teaching, Practicum	14./15.3.26	15h	Damaris & Ishtar

5	Philosophy Yoga Sutras, Samkhya, Vedanta	je 2h FR abends 10.4.26	2h	Kaliji Online
12	TriYoga® for Everyone Teaching, Practicum	11./12.4.26	15h	Damaris & Ishtar
	Total		315h	