



Are you interested in continuing your education with Samyoga Institute? We have offerings that you can take as individual workshops or combine into a 300 hour program. With the 300 hour program you get our amazing manual, mentoring, supervised internship, retreats and monthly, online check-ins.

300 hour Level II Schedule for 2022/2023

Year One Focus (2022/2023) - individual sessions

Year Two focus (2023/2024) - specialty classes. Also includes a yoga and ayurveda retreat in May of 2024.

Both years must be completed to receive the 300 hour certificate but the program can be spread out over 4 years. Each fall, August through December focuses on the SYI core curriculum. Each spring has trainings on Ayurveda, emotional health, pranayama and other specialty topics.

[August 4-7, 2022](#) Doug Keller training “Health, Yoga and Rediscovering Freedom” via Zoom and additional training with Janice George. Must either be on site with [Janice George](#) or participate via Zoom. The Doug Keller training is from 12:30-4pm. Training will start at 11am and end at 4:30pm. SYI training will be on “listening with the eyes and ears” and integrating the workshop information into the individual session protocol.

[August 27, 2022](#) 3 hour workshop with Sat Puran, Stacie Stormer and [Nicole Karras](#) on Preparing for the Cycles of a Woman’s Life - pre/perimenopause.

[October 15, 2022](#) a day long workshop on Staying Balanced with the Seasons: Transitioning into Fall with Yoga and Ayurveda.

[November 9-13, 2022](#) iRest Level 1 training in Worthington OH. Janice George will be assisting at this training. SYI Level 2 students must be at this training in person or take another iRest Level training on line or elsewhere.

[December 10, 2022](#) 3 hour workshop on teaching Yin Yoga and Restorative Yoga in the morning. In the afternoon is a 3 hour training on facilitating an individual session.

In addition each month from September through December there will be a study session (via Zoom) on Patanjali’s Yoga Sutras and a general check in.

Internship facilitate 8 individual sessions under the supervision of the assigned mentor

[February- May](#) Monthly check in

[February 18, 2023](#) 3 hour workshop on Backbends: Update your Asana Master Class and 3 hour workshop on the Chakras and the Emotional Body (understanding mood disorders)

[April 1 & 2](#) day long workshop on Ayurveda and April 2 day long workshop on Ayurvedic Assessment and Ayurvedic Psychology

[May 19](#) 3 hour workshop on Pranayama and Respiratory Conditions

The cost of the training is \$1450.00. The student participant is independently responsible for the cost of and registration for the Doug Keller training and the Level 1 iRest training.