

Art Rocks & Healing Yoga Studio Café

Root to Rise – A Living Altar for Yoga, Art & Community

❄️ ■ Winter 200-Hour YTT Program Schedule (2026)

Art Rocks & Healing Yoga is proud to offer our **200-Hour Winter Yoga Teacher Training Program** beginning January 2026. Rooted in tradition, supported with modern tools, and designed for students ready to deepen their practice and step into teaching.

The following modules are also available as **stand-alone programs** for continuing education: Anatomy, Meditation, Yin Yoga, and Ayurveda.

Date	Module	Hours
(Jan 10–11)	Anatomy	30
(Jan 17–18)	Spiritual Anatomy	30
(Feb 7–8)	Meditation	30
(Feb 21–22)	Yin Yoga	50
(Mar 14–15)	Ayurveda	30
(Mar 21–22)	Living Yoga	30
(Apr 18)	Practicum & Methodology	0
	TOTAL	200

This comprehensive training combines Anatomy, Philosophy, Meditation, Ayurveda, Yin Yoga, and Living Yoga practices, with a final Practicum & Methodology day in April. Together, these modules total 200 hours of training.

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