

erica blitz

INSPIRE + INQUIRE

What to Bring

Yoga mat + Yoga Strap

Block x 2

Bolster

Any other props required to support any injuries or physical concerns

Notebook and pen for note taking

Water

Change of clothes - we *may* sweat, a little...

2024 Dates + Structure

50 Hour Training, includes 1 hour lunch break

May 10 - 13 | 8-5pm (8 hour day)

May 14 -15 | 7am-5pm (9 hour day)

80 Hour Training, includes 1 hour lunch break

May 10 - 13 | 8-5pm (8 hour day)

May 14 -15 | 7am-5pm (9 hour day)

May 16 - 18 | 8-5pm (8 hour day)

May 19 | 8-2pm (6 hour day)

Sample Daily Schedule*

8:00 - 8:45am	Morning Meditation/ Dharma Talk
8:45 - 9:45am	Lecture
9:45 - 10:00am	Morning Break
10:00 am - 1:00pm	Asana practice
1:00 - 2:00pm	Lunch Break
2:00 - 3:45pm	Asana Technique/Practice Teaching/Lecture
3:45pm-4:00pm	Afternoon Break
4:00pm-5:00pm	Practice Teaching/Meditation

*schedule subject to change