



Index 200 and 500 Hour Course Yoga 4 Love Online Training Programs

Earth 1 | Yoga 4 Love Tools Book~ Chapters 1, 3, 8, 10

Fire 2 | Yoga 4 Love Tools Book~ Chapters 5, 12; eBook: Yoga 4 Love's Big Book of Poses, Asana 101, 201, 301

Wind 3 | Yoga 4 Love Tools Book~ Chapters 6, 7; eBook: Yoga 4 Love's Big Book of Poses, Asana 101, 201, 301

Water 4 | Yoga 4 Love Tools Book~ Chapter 4, 11

The Chakras 5 | Yoga 4 Love Tools Book~ Chapters 1, 2, 3, 4

Ether 6 | Yoga 4 Love Tools Book~ Chapters 2, 7, 12; Student Intensive

Modules Overview~ All Online Students 200 Hour Course



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- Chapter 1 ~MODULE 1, 5 Intro to Yoga, Pranayama, Bandhas, Mantras 101
- Chapter 2 MODULE 5, 6 Intro to the Yoga Sutras, Apana Energy Purification
- Chapter 3 ~MODULE 1, 4, 5 Yoga Sutras, Fire Energy Purification
- Chapter 4 ~MODULE 5 Feeding Your Chakras, Mudras, What is Vinyasa Yoga?
- Chapter 5 ~MODULE 2 Mindfulness, Moon Cycles, Rhythms and Holistic Living
- MODULE 2 ebook Yoga 4 Love's Big Book of Poses: Asana 101, 201 and 301
- Chapter 6 ~ MODULE 2, 3 Your Secret Sauce, Joy! Less Stress, More Success
- MODULE 3 ebook Yoga 4 Love's Big Book of Poses: Asana 101, 201 and 301
- Chapter 7~ MODULE 2, 3, 6 Y4L Signature Class Formats & Sequence
- Chapter 8 ~MODULE 1 The Paths of Yoga, The Journey of Intuitive Vinyasa
- Chapter 9~ MODULE 2 Clean Eating, Healthy Living, Ayurveda 101
- Chapter 10 ~MODULE 1 The 8 Limbs, the Yamas and Niyamas, History of Yoga
- Chapter 11 ~MODULE 4 Yoga Anatomy and Our Immune System
- Chapter 12 ~MODULE 2, 6 The Mind, Body, Spirit Connection



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200 Hour Students:

Your Student Internship and Apprenticeship begins after completion Modules 3, and upon Director's discretion. Your internship is required for the intention of gaining real life experience assisting, demoing, teaching yoga classes in studio and in your local community.

All Trainees:

SEVA Karma Yoga Community classes may be scheduled and taught starting after you complete Module 3 and studying Chapter 7 in the Y4L Tools book.

300 Hour Students, Choose 4 Additional Modules:

Communication, The Business of Yoga

Archetypes and Goddess Empowerment