

IYK® WARRIOR TRAINING YOGA ALLIANCE 95H SCHEDULE 2026

Days	Dates	Pacific Time Zone <u>Time zone converter</u>	Module	Topic	Hours
Saturday	January 24, 2026	10:00am to 11:00am or 2:00pm to 3:00pm	FREE webinar	The 3 skills kids need to succeed (and the 5 habits to get them)	1
Friday	January 30, 2026	6:00pm to 9:00pm	Module 1	Philosophy	3
Saturday	January 31, 2026	9:00am to 12:00pm	Module 2	Foundations	3
Saturday	January 31, 2026	12:00pm to 3:00pm	Module 3	Warriors	3
Saturday	January 31, 2026	3:00pm to 6:00pm	Module 4	Regulating	3
Sunday	February 1, 2026	9:00am to 12:00pm	Module 5	Off the Mat	3
Sunday	February 1, 2026	12:00pm to 3:00pm	Module 6	Littles	3
Sunday	February 1, 2026	3:00pm to 6:00pm	Module 7	Big Kids	3
Thursday	February 26, 2026	12:00pm to 3:00pm	Module 8	The 2 key steps to increase your impact (and your income)	3
Saturday	February 28, 2026	8:00am to 11:00am	Module 9	Family	3
Tuesday	March 3, 2026	5:00pm to 8:00pm	Module 10	Baby + Toddler	3
Thursday	March 5, 2026	12:00pm to 3:00pm	Module 11	Teens	3
Saturday	March 7, 2026	8:00am to 11:00am	Module 12	Mental Health	3
Tuesday	March 10, 2026	5:00pm to 8:00pm	Module 13	Anatomy & Physiology	3
Thursday	March 12, 2026	12:00pm to 3:00pm	Module 14	Nutrition	3
Saturday	March 14, 2026	8:00am to 11:00am	Module 15	Community	3
Tuesday	March 17, 2026	5:00pm to 8:00pm	Module 16	Seasons & Holidays	3
Thursday	March 19, 2026	12:00pm to 3:00pm	Module 17	Parties & Camps	3
Saturday	March 21, 2026	8:00am to 11:00am	Module 18	Peak Performers	3
Tuesday	March 24, 2026	5:00pm to 8:00pm	Module 19	Connected Classrooms	3
Thursday	March 26, 2026	12:00pm to 3:00pm	Module 20	Happy Homes	3
Tuesday	April 7, 2026	5:00pm to 8:00pm	Office Hours	Practicum	3
Thursday	April 9, 2026	12:00pm to 3:00pm	Office Hours	Practicum	3
Saturday	April 11, 2026	8:00am to 11:00am	Office Hours	Practicum	3
Tuesday	April 14, 2026	5:00pm to 8:00pm	Office Hours	Practicum	3
Thursday	April 16, 2026	12:00pm to 3:00pm	Office Hours	Practicum	3
Tuesday	April 21, 2026	5:00pm to 8:00pm	Office Hours	Practicum	3
Thursday	April 23, 2026	12:00pm to 3:00pm	Office Hours	Practicum	3
Tuesday	April 28, 2026	5:00pm to 8:00pm	Office Hours	Practicum	3
Thursday	April 30, 2026	12:00pm to 3:00pm	Office Hours	Practicum	3
				Total Contact Hours	88
	<u>Time zone converter</u>				