



PRISON YOGA PROJECT

Yoga, Social Justice & Leadership Teacher Training

YTT Summer 2026 • Lesson Plan & Progress Tracker

<input checked="" type="checkbox"/>	DATE	SESSION
<input type="checkbox"/>	11-Jun	Intro
<input type="checkbox"/>	18-Jun	Module 1 (Part 1)
<input type="checkbox"/>	25-Jun	Module 1 (Part 2)
<input type="checkbox"/>	2-Jul	Module 2
<input type="checkbox"/>	9-Jul	Module 3
<input type="checkbox"/>	16-Jul	Module 4
<input type="checkbox"/>	23-Jul	Module 5
<input type="checkbox"/>	7/27-7/31	NO SESSIONS - JEN VACATION
<input type="checkbox"/>	6-Aug	Module 6
<input type="checkbox"/>	13-Aug	Module 7
<input type="checkbox"/>	20-Aug	Module 8
<input type="checkbox"/>	27-Aug	Module 9
<input type="checkbox"/>	3-Sep	Module 10
<input type="checkbox"/>	10-Sep	Module 11
<input type="checkbox"/>	17-Sep	Module 12
<input type="checkbox"/>	24-Sep	Module 13
<input type="checkbox"/>	1-Oct	Additional Discussion & Review & Sequence Practice
<input type="checkbox"/>	8-Oct	Additional Discussion & Review & Sequence Practice
<input type="checkbox"/>	9/14-10/14	Final Practicum Time Slots
<input type="checkbox"/>	15-Oct	Final Celebration!

Subject to change • A companion guide for your YTT journey