

Program Name	Length	YogaAlliance.org	NCBTMB.org (body Workers)	Florida Board of Massage Therapy (CE Broker.com)
Amrit Yoga Teacher Training Level I Part A (Immersion)	10 Days	100 CE Hours	50 CE Self Care Hours	
Amrit Yoga Teacher Training Level I Part B (Certification)	10 Days	100 CE Hours		
Amrit Yoga Nidra Professional Training Part A (Immersion)	5 Days	45 CE Hours	25 CE Self Care Hours	
Amrit Yoga Nidra Professional Training Part B (Certification)	5 Days	45 CE Hours		
Amrit Yoga Teacher Training Level II Part A (Immersion)	10 Days	100 CE Hours	50 CE Self Care Hours	
Amrit Yoga Teacher Training Level II Part B (Certification)	10 Days	100 CE Hours		
Yoga Therapy Part A	5 Days	35 CE Hours	21 CE Self Care Hours	21 CE Self Care Hours
Yoga Therapy Part B	5 Days	35 CE Hours		21 CE Self Care Hours
Prana Awakening	4 Days		30 CE Self Care Hours	
Goddess Retreat	4 Days		16 CE Self Care Hours	
Panchakarma: Ayurvedic Cleanse	7 Days		30 CE Self Care Hours	
Ayurveda 1: Mini-Detox-Ayurvedic Cleanse	3 Days		12 CE Self Care Hours	
Ayurveda Training: Ayurvedic Lifestyle Consultant (ALC)	12 Days	120 CE Hours		
Ayurveda Training: Certified Ayurvedic Practioner (CAP)	7 Days	50 CE Hours		
Ayurvedic Technician Training for Licensed Massage Therapists (LMT's)	3 Days		24 Self Care CE Hours	
Amrit Method: Weekend Program, Includes any one of the following:	3 Days	7 CE Hours	12 Self Care CE Hours	
I AM Yoga Welcome Weekend	3 Days	7 CE Hours	12 Self Care CE Hours	
Sadhana of Prana	3 Days	7 CE Hours	12 Self Care CE Hours	
Intro to Yoga Therapy	3 Days	7 CE Hours	12 Self Care CE Hours	
Amrit Recovery Weekend Program	3 Days		12 Self Care CE Hours	
Yoga of Conscious Relationships	3 Days	7 CE Hours	12 Self Care CE Hours	
Kids Yoga Nidra	3 Days	7 CE Hours	12 Self Care CE Hours	