

Program Name	Length	YogaAlliance.org	NCBTMB.org (body Workers)	Florida Board of Massage Therapy (CE Broker.com)
Amrit Yoga Nidra Professional Training Part A (Immersion)	5 Days	45 CE Hours	25 CE Self Care Hours	25 CE Self Care Hours
Amrit Yoga Nidra Professional Training Part B (Certification)	5 Days	45 CE Hours		25 CE Self Care Hours
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 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 1: The Amrit Method of Body Psychology	5 Days	35 CE Hours	21 CE Self Care Hours	21 CE Self Care Hours
Amrit Method: Weekend Program, Includes any one of the following:				
Kids Yoga Nidra	3 Days	7 CE Hours		
Quantum Breath Meditation	3 days	7 CE Hours	12 CE Self Care Hours	
Orange means pending approval				