

MOKSHA YOGA

Teacher Training / Foundation 200hr

Fall 2022 - Spring 2023

Semester 1: Fundamentals

August - December

Schedule

- **Super Sunday's** 10:30am-4:30pm (6 hrs) weekly
 - **Special Saturday's** 12-5pm (5 hrs) once per month
 - **Wisdom Wednesday's** 6-8pm (2 hrs) every other week
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August

Wisdom Wednesdays

INFO | Information Meeting & Registration (choose 1 to attend)

Wed, Aug 24, 6-8pm

Sat, Aug 27, 3:17am New Moon

Wisdom Wednesdays

INFO | Information Meeting & Registration (choose 1 to attend)

Wed, Aug 31, 6-8pm

Registration Deadline: Thursday, September 1

September

Wisdom Wednesdays

INTRO | Opening Circle & Orientation

Wed, Sept 7, 6-8pm

Special Saturdays

ASSIGNMENT | Lesson 01a | Opening Poses

Sat, Sept 10, 12-5pm

Sat, Sept 10, 4:59am Full Moon

Super Sundays

ASSIGNMENT | Lesson 01b | Opening Poses

Sun, Sept 11, 10:30am-4:30pm

Super Sundays

ASSIGNMENT | Lesson 02 | Breath Synchronized Movement | Prana-Nigraha's

Sun, Sept 18, 10:30am-4:30pm

Wisdom Wednesdays

READ | Patanjali Yoga Sutras | Ch. 1 | Sutras 1.1 - 1.18

Wed, Sept 21, 6-8pm

Special Saturdays

ASSIGNMENT | Lesson 03a | Sun Salutation A | Bandhas

Sat, Sept 24, 12-5pm

Super Sundays

ASSIGNMENT | Lesson 03b | Sun Salutation A | Dristi

Sun, Sept 25, 10:30am-4:30pm

Sun, Sept 25, 4:54pm New Moon

October

Super Sundays

ASSIGNMENT | Lesson 04 | Sun Salutation B

Sun, Oct 2, 10:30am-4:30pm

Wisdom Wednesdays

READ | Patanjali Yoga Sutras | Ch. 2 | 2.1 - 2.27

Wed, Oct 5, 6-8pm

Super Sundays

ASSIGNMENT | Lesson 05 | Sun Salutation C & D

Sun, Oct 9, 10:30am-4:30pm

Sun, Oct 9, 3:54am Full Moon

Special Saturdays

ASSIGNMENT | Lesson 06 | Open Hip Standing Poses

Sat, Oct 15, 12-5pm

Super Sundays

ASSIGNMENT | Lesson 07 | Closed Hip Standing Poses

Sun, Oct 16, 10:30am-4:30pm

Wisdom Wednesdays

READ | Patanjali Yoga Sutras | Ch. 2 | 2.28 - 3.3

Wed, Oct 19, 6-8pm

Super Sundays

ASSIGNMENT | Lesson 08 | Twisting Hip Standing Poses

Sun, Oct 23, 10:30am-4:30pm

Sun, Oct 25, 5:48pm New Moon

Wednesdays

Make-up & Review

Wed, Oct 27, 6-8pm

Super Sundays

ASSIGNMENT | Lesson 09 | Side Stretch Standing Poses

Sun, Oct 30, 10:30am-4:30pm

November

Wisdom Wednesdays

READ | Ayurveda Manual | Ch. 1

Wed, Nov 2, 6-8pm

Special Saturdays

ASSIGNMENT | Lesson 10 | Balancing Standing Poses

Sat, Nov 5, 12-5pm

Super Sundays

ASSIGNMENT | Lesson 11 | Shoulders - Opening

Sun, Nov 6, 10:30am-4:30pm

Tue, Nov 8, 5:02am Full Moon

Wisdom Wednesdays

Make-up & Review

Wed, Nov 11, 6-8pm

Super Sundays

ASSIGNMENT | Lesson 12 | Shoulders - Strengthening

Sun, Nov 13, 10:30am-4:30pm

Wisdom Wednesdays

READ | Ayurveda Manual | Ch. 2

Wed, Nov 16, 6-8pm

Special Saturdays

ASSIGNMENT | Lesson 13 | Hip Openers

Sat, Nov 19, 12-5pm

Super Sundays

ASSIGNMENT | Lesson 14 | Seated Twists

Sun, Nov 20, 10:30am-4:30pm

Sun, Nov 23 4:57pm New Moon

Super Sundays

ASSIGNMENT | Lesson 15 | Abdominals & Kriyas

Sun, Nov 27, 10:30am-4:30pm

Note: Thanksgiving Weekend - class meets as usual

Wisdom Wednesdays

READ | Mudras Manual | Ch. 1

Wed, Nov 30, 6-8pm

December

Special Saturdays

ASSIGNMENT | Lesson 16 | Hip Openers

Sat, Dec 3, 12-5pm

Super Sundays

ASSIGNMENT | Lesson 17 | Backbends

Sun, Dec 4, 10:30am-4:30pm

Wisdom Wednesdays

Make-up & Review

Wed, Dec 7, 6-8pm

Wed, Dec 7, 3:54am Full Moon

Super Sundays

ASSIGNMENT | Lesson 18 | Arm Balances

Sun, Dec 11, 10:30am-4:30pm

Special Saturdays

ASSIGNMENT | Lesson 19 | Inversions

Sat, Dec 17, 12-5pm

Super Sundays

ASSIGNMENT | Lesson 20 | Closing Poses | Shavasana

Sun, Dec 18, 10:30am-4:30pm

Wisdom Wednesdays

READ | Closing Circle & Sattvic Potluck

Wed, Dec 21, 6-8pm

Fri, Dec 23, 4:16am New Moon

Holiday Break

Dec 21 - Jan 8

Semester 2: Video Review

Schedule

- **Super Sunday's** 1-3pm Videotaping & 3-6pm Review (5 hrs) weekly
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January

Video Review 1

Sun, Jan 8, 1-3pm Taping & 3-6pm Review

Fri, Jan 6, 5:07pm Full Moon

Video Review 2

Sun, Jan 15, 1-3pm Taping & 3-6pm Review

Sat, Jan 21, 2:53pm New Moon

Video Review 3

Sun, Jan 22, 1-3pm Taping & 3-6pm Review

Video Review 4

Sun, Jan 29, 1-3pm Taping & 3-6pm Review

February

Video Review 5

Sun, Feb 5, 1-3pm Taping & 3-6pm Review

Sun, Feb 5, 12:28pm Full Moon

Video Review 6

Sun, Feb 12, 1-3pm Taping & 3-6pm Review

Video Review 7

Sun, Feb 19, 1-3pm Taping & 3-6pm Review

Mon, Feb 20, 1:05am New Moon

Video Review 8

Sun, Feb 26, 1-3pm Taping & 3-6pm Review

3: Thesis

March-April

Schedule

- **Special Saturday's** 3-5pm (2 hrs) weekly
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March

Thesis 1

Sat, Mar 4, 3-5pm

Tue, Mar 7, 6:40am Full Moon

Thesis 2

Sat, Mar 11, 3-5pm

Thesis 3

Sat, Mar 18, 3-5pm

Tue, Mar 21, 12:23pm New Moon

Thesis 4

Sat, Mar 25, 3-5pm

April

Thesis 5

Sat, Apr 1, 3-5pm

Sat, Apr 5, 11:34pm Full Moon

Thesis 6

Sat, Apr 8, 3-5pm

Thesis 7

Sat, Apr 15, 3-5pm

Wed, Apr 19, 11:12pm New Moon

Thesis 8

Sat, Apr 22, 3-5pm

Final: Certification

May

May

Certification Deadline

Sun, May 1, 5pm
\$100 extension fee

Fri, May 5, 12:34pm Full Moon

Thesis Presentations

Sun, May 7, 12:30-2pm

Certification Ceremony

Sun, May 14, 5-7pm

Fri, May 19, 10:53am New Moon

Contact

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Om Shanti
