

Moksha Yoga Center

200hr Foundation Teacher Training

Yoga Alliance Registered

2023 Schedule: THURSDAYS

Fundamentals

Thursdays: March - August

Practice: 10am-11:45pm

Training: 12pm-4pm

Meetings on Thursdays

March 9, 16, 23, 30

April 6, 13, 20, 27

May 4, 11, 18, 25/off

June 1, 8, 15, 22, 29

July 6, 13, 20, 27

Aug 3

Philosophy

Thursdays: March - August

Zoom Lecture: 7:30-9pm

Meetings on Thursdays

March 9, 16, 23, 30

April 6, 13, 20, 27

May 4, 11, 18, 25/off

June 1, 8, 15, 22, 29

July 6, 13, 20, 27

Aug 3

Teaching Skills & Thesis

Saturdays: September - November

Meetings on Thursdays

Video Review: 12pm-4:30pm

Sept 7, 14, 21, 28

Oct 5, 12, 19, 26

Thesis Projects: 12-2:30pm

November 2, 9, 16, 23/off, 30

Final Class: 12-2:30pm

December 7