

# Moksha Yoga Center

## 200hr Foundation Teacher Training

*Yoga Alliance Registered*

### 2023 Schedule

#### **Fundamentals**

**Sundays: March - August**

***Practice: 10:30am-12:15pm***

***Training: 12:30pm-4:30pm***

#### **Meetings on Sundays**

March 5, 12, 19, 26,

April 2, 9, 16, 23, 30,

May 7, 14, 21, 28

June 4, 11, 18, 25

July 2, 9, 16, 23, 30

August 6, 13, 20

#### **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 Saturdays**

***Video Review: 1pm-5:30pm***

Sept 9, 16, 23, 30

Oct 7, 14, 21, 28

***Thesis Projects: 2:30-5pm***

November 4, 11, 18, 25

***Final Class: 2:30-5pm***

December 2