

# **Moksha Yoga Center**

## **200hr Foundation Teacher Training**

*Yoga Alliance Registered*

### **2024 India Schedule**

***Kovalam Beach, Kerala, South India***

#### **Arrival in India**

**December 29-30, 2024**

***Please arrive on any day before Dec 31st***

#### **Fundamentals**

**January 1-25, 2024**

***Meditation: 7-8am***

***Practice: 8-10am***

***Breakfast: 10-10:45am***

***Lecture: 11-12am***

***Training: 12-3pm***

#### **Meetings Daily**

Orientation: Jan 1

Class Dates: Jan 2-25

*\*1 day off for temple trip*

#### **Practicum & Philosophy**

**January 3-23, 2024**

***Meetings Every Other Evening***

***Class: 6:30-7:45pm***

Jan 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23

#### **Final Class**

**January 25**

***Departure: after 3pm or the following day***

