

Moksha Yoga Center

200hr Foundation Teacher Training

Yoga Alliance Registered

2024 Sunday Schedule

Fundamentals

Sundays: March - August

Practice: 10:30am-12:30pm

Lunch Break: 12:30-1pm

Training: 1-5pm

Meetings on Sundays

March 3, 10, 17, 24, 31

April 7, 14, 21, 28

May 5, 12, 19, 26

June 2, 9, 16, 23, 30

July 7 - Camping & Whitewater Rafting Retreat

July 14, 21, 28 & August 4, 11, 18, 25/off

**Please note we meet on the Sunday of Easter, Mothers Day, & Fathers Day.*

Practicum & Philosophy

Wednesdays: March - August

Class: 7:15-8:30pm

Meetings on Wednesdays

March 6, 13, 20, 27

April 3, 10, 17, 24

May 1, 8, 15, 22/off, 29

June 5, 12, 19, 26

July 3/off, 10, 17, 24, 31

Aug 7, 14, 21, 28/off

Teaching Skills & Thesis

Saturdays: September - December

Meetings on Saturdays

Video Review: 1pm-6pm

Sept 7, 14, 21, 28 & Oct 5, 12

Thesis Projects: 1-2:30pm

Nov 2, 9, 16, 23, 30 & Dec 7

Final TT Class: 1-4pm

December 14

