

# Moksha Yoga Center

## 200hr Foundation Teacher Training

*Yoga Alliance Registered*

### 2024 Thursday Schedule

#### **Fundamentals**

**Thursdays: March - August**

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

***Lunchbreak: 12-12:30pm***

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

#### **Meetings on Thursdays**

March 7, 14, 21, 28

April 4, 11, 18, 25

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

June 6, 13, 20, 27

July 4 - Camping & Whitewater Rafting Retreat

July 11, 18, 25 & Aug 1, 8, 14, 22, 29/off

#### **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 - November**

#### **Meetings on Thursdays**

***Video Review: 10am-3:30pm***

Sept 5, 12, 19, 26

***Thesis Projects: 12-1:30pm***

November 7, 14, 21, 28/off, Dec 5

***Final TT Class: 12-3pm***

December 12

