

Moksha Yoga Center

200hr Foundation Teacher Training

Yoga Alliance Registered

2024 Sunday Schedule

Fundamentals - Part 1

Meetings on Sundays (March - August)

Practice: 10:30am-12:15pm & Lunch Break: 12:15-1pm

Training: 1-5pm

[24 classes x 6 hrs = 144 hrs]

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*

Classical Yoga/Sankhya Philosophy

Meetings on Tuesdays (March - August)

Lecture: Tuesdays 7:45-9pm

[Spring/Summer: 21 classes x 1.25 = 26 hrs]

[Fall: 10 classes x 1.25 = 12.5 hrs]

March 12, 19, 26 April 2, 9, 16, 23, 30

May 7, 14, 21, 28/off June 4, 11, 18, 25

July 2/off, 9, 16, 23, 30 Aug 6, 13, 20/off, 27/off

Optional: Sept 3/off, 10, 17, 24 Oct 1, 8, 15, 22, 29

Nov 5, 12, 19/off, 26/off

Teaching Skills & Thesis - Part 2

Meetings on Saturdays (September - December)

Video Review: Saturdays, 1-6pm

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

Thesis Projects: Saturdays, 1:30-3:30pm

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

Community Classes: October-November-December

According to your schedule

Sattvic Holiday Celebration: Saturday, 1-3pm

December 14



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200/500hr Foundation Teacher Training

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2025 India Schedule

Kovalam Beach, Kerala, South India

Arrival in India
December 29-31, 2024

Please arrive on any day before Dec 31st
**accommodations costs extra for arrival before Dec 31st*

Teacher Training Classes
January 1-25, 2025

Meditation: 7-8am & Practice: 8-10am
Breakfast: 10-11am
Lecture: 11am-12pm & Training: 12-3pm

Final Class

January 25, 7am-3pm
Departure: after 3pm or the following day
**accommodations costs extra for departure after Jan 25th*

Practicum & Philosophy
March-August 2024

Meetings Tuesday Evenings
(In person at Moksha or Zoom)
Class: 7:30-8:45pm

Om Shanti



