

Moksha Yoga Center

200hr Foundation Teacher Training

Yoga Alliance Registered

Tuesday/Thursday Evenings Schedule 2024-25 (starting June)

Fundamentals - Part 1

Meetings on Tuesday's & Thursday's (June - December)

Practice: 6-7:30pm* & **Philosophy:** 7:45-9pm Tuesdays

Training: 6-9:30pm* Thursdays

[21 classes x 5 hrs = 105 hrs]**

June 4/6, 11/13, 18/20, 25/27

July 4 - Camping & Whitewater Rafting Retreat

July 2/off, 4/off, 9/11, 16/18, 23/25, 30 **Aug** 1, 6/8, 12/14, 20/22

Sept 3/5, 10/12, 17/19, 24/26

Oct 1/3, 8/10, 15/17, 22/24, 29/31 **Nov** 5/7, 12/14

Classical Yoga/Sankhya Philosophy

Tuesdays: June - August & Sept - Oct

Lecture: Tuesdays 7:45-9pm

[Summer: 10 classes x 1.25 = 12.5 hrs]

[Fall: 10 classes x 1.25 = 12.5 hrs]

June 4, 11, 18, 25 **July** 2/off, 9, 16, 23, 30 **Aug** 6, 13, 20/off, 27/off

Sept 3/off, 10, 17, 24 **Oct** 1, 8, 15, 22, 29 **Nov** 5, 12, 19/off, 26/off

Teaching Skills & Thesis - Part 2

Semester 3: November - March

Video Review: *November-December*

Tuesdays 6-7:30pm | Nov 19, 26/off, Dec 3, 10, 17/off, 24/off
& Thursdays 6-9:30pm | Nov 21, 28/off, Dec 5, 12, 19/off, 26/off

Community Classes: *January-February-March*

Thursdays 6:30-8pm | Sundays 5:30-6:45pm

Thesis Projects: *February-March*

Thursdays 6:30-8:30pm | *According to the schedule*

Sattvic Graduation Ceremony: *Final Meeting*

Thursday 6:30-8:30pm | March 27



