

# Moksha Yoga Center

## 200hr Foundation Teacher Training

*Yoga Alliance Registered*

### 2024-25 Sunday Schedule

#### **Fundamentals - Part 1**

**Meetings on Sundays (September - February)**

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

**Training: 1pm-5:00pm**

**[22 classes x 6 hrs = 162 hrs]**

**Orientation:** Friday, Sept 6, 6:30-8:30pm

**Sundays: Sept 10, 17, 24 Oct 1, 8, 15, 22, 29 Nov 5, 12, 19, 26**

**Dec 3, 10, 17, 24/off, 31/off**

**Study Groups - Jan 7, 14, 21, 28 Feb 2, 9, 16**

*\*Please note we meet Sunday, Nov 26th, thanksgiving weekend.*

#### **Classical Yoga/Sankhya Philosophy**

**Meetings on Mondays: September - November**

**Lecture: Tuesdays 7:45-9pm**

**[Fall: 10 classes x 1.25 = 12.5 hrs]**

**[Spring: 12 classes x 1.25 = 15 hrs]**

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

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

**March 4, 11, 18, 25 April 1, 8, 15, 22, 29**

**May 6, 13, 20, 27/off**

#### **Teaching Skills & Thesis - Part 2**

**Meetings on Saturdays (February - May)**

**Video Review:** Saturdays, 1-6pm

**Feb 22, March 1, 8, 15, 22, 29**

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

**April 5, 12, 19, 26 May 4, 11**

**Community Classes:** March-April-May

*According to your schedule*

**Sattvic Graduation Celebration:** Saturday, 1-3pm

May 18



