

Moksha Yoga Center

500hr Advanced Teacher Training

Yoga Alliance Registered

2024 Wednesday Schedule

Fundamentals

Meetings on Wednesday days

Training: 10am-2:30pm (30 min break)

[40 classes x 4 hrs = 160 hrs]

First Semester: 25 Classes | June-December 2024 | 100 hrs

June 5, 12, 19, 26

July 4-7 - Camping & Whitewater Rafting Retreat

July 3/off, 10, 17, 24, 31, Aug 7, 14, 21, 28/off, Sept 4, 11, 18, 25

Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, 27/off, Dec 4, 11

January/off

Second Semester: 15 Classes | Feb-June 2024 | 60 hrs

Feb 12, 19, 26, Mar 5, 12, 19, 26, Apr 2, 9, 16, 23, 30, May 7, 14, 21, 28/off

Classical Yoga/Sankhya & Tantra Philosophy

Meetings on Tuesday evenings

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

[11 classes x 1.25 hrs/class = 14 hrs/session x 2 sessions req'd]

Part 1: June 5, 12, 19, 26, July 3/off, 10, 17, 24, 31, Aug 7, 14, 21, 28/off

Part 2: Sept 2/off, 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, 25/off

Part 3: March 6, 13, 20, 27, April 3, 10, 17, 24, May 1, 8, 15, 22/off, 29/off

Plus 1 Full Moon Cacao Ceremony

Apprenticeship

Meets on Sundays

Choose 5 sessions:

Sundays 10:30am-5pm

6 hours x 5 sessions = 30 hours

Discuss the key elements of the pose group, teach the key principles, answer all SGQ



Master Workshops
Meetings on Saturdays (October - November)

Master Workshops: 2:30-5pm
Sept 21, 28, & Oct 5, 12, 19, 26

Sattvic Holiday Potluck: 1-2:30pm
December 14

Hours

Fundamentals	160 hours	160 hours
Philosophy	30 hours	190 hours
Apprenticeship	30 hours	220 hours
Electives	40 hours	260 hours
Self-Study	40 hours	300 hours

500hr Requirement: 260 In-Class hours
+ 40 Self-Study hours/electives + 100 Teaching hours



