

Moksha Yoga Center

200hr Foundation Teacher Training

Yoga Alliance Registered

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
Yoga Lecture: 11am-12pm & Teacher Training: 12-3pm

Final Class

January 25
Class ends at 3pm
Departure: after 3pm or the following day
**accommodations cost extra for Jan 25th night*

Practicum & Philosophy
March-August 2024

Meetings Tuesday Evenings
(In person at Moksha or Zoom)
Lecture Class: 7:45-9pm

