

Moksha Yoga | Teacher Training 2025

with Daren | 200 & 300 hr options

Teacher Training | Semester 1a | Foundations Part 1

June 2025					
Tue	June 03	Practice	6-7pm	Lesson 00	Orientation <i>Register by June 2nd</i>
		Orientation	7-9pm		
Thu	June 05	Training	6-9pm	Lesson 01	Opening Poses
Mon	June 9	Sutra Study	7:30-8:45pm	Sutras	Lesson 01-02
Tue	June 10	Training	6-7pm	Lesson 02	Vinyasa
		Training	7-9pm		
Thu	June 12	Training	6-9pm		
Mon	June 16	Sutra Study	7:30-8:45pm	Sutras	Lesson 03
Tue	June 17	Practice	6-7pm	Lesson 03	Surya Namaskar A
		Training	7-9pm		
Thu	June 19	Training	6-9pm		
Mon	June 23	Sutra Study	7:30-8:45pm	Sutras	Lesson 04
Tue	June 24	Practice	6-7pm	Lesson 03	Surya Namaskar B
		Training	7-9pm		
Thu	June 26	Training	6-9pm		
Mon	June 30	Sutra Study	7:30-8:45pm	Sutras	Lesson 04
July 2025					
Tue	July 1	Practice	6-7pm	Lesson 04	Surya Namaskar A
		Training	7-9pm		
Thu	July 3	Training	6-9pm		<i>No Class - Holiday</i>
Mon	July 7	Sutra Study	7:30-8:45pm	Sutras	Lesson 05
Tue	July 8	Practice	6-7pm	Lesson 05	Surya Namaskar CDX
		Training	7-9pm		

Thu	July 10	Training	6-9pm		
Mon	July 14	Sutra Study	7:30-8:45pm	Sutras	Lesson 06
Tue	July 15	Practice	6-7pm	Lesson 06	Open Hip Standing Poses
		Training	7-9pm		
Thu	July 17	Training	6-9pm		
Mon	July 21	Sutra Study	7:30-8:45pm	Sutras	Lesson 07
Tue	July 22	Practice	6-7pm	Lesson 07	Closed Hip Standing Poses
		Training	7-9pm		
Thu	July 24	Training	6-9pm		
Mon	July 28	Sutra Study	7:30-8:45pm	Sutras	Lesson 08
Tue	July 29	Practice	6-7pm	Lesson 08	Twisting Hip Standing
		Training	7-9pm		
Thu	July 31	Training	6-9pm		

August 2025					
Mon	July 28	Sutra Study	7:30-8:45pm	Sutras	Lesson 09
Tue	Aug 5	Practice	6-7pm	Lesson 09	Side Stretches Balancing Poses
		Training	7-9pm		
Thu	Aug 7	Training	6-9pm		
Mon	July 28	Sutra Study	7:30-8:45pm	Sutras	Lesson 10
Tue	Aug 12	Practice	6-7pm	Lesson 10	Balancing
		Training	7-9pm		
Thu	Aug 14	Training	6-9pm		
Mon	Aug 18	Sutra Study	7:30-8:45pm	Sutras	Lesson 11
Tue	Aug 19	Practice	6-7pm	Lesson 11-12	Shoulders
		Training	7-9pm		
Thu	Aug 21	Training	6-9pm		
Mon	Aug 25	Sutra Study	7:30-8:45pm	Sutras	No Class
Tue	Aug 26	Practice	6-7pm	Holiday	No Class

		Training	7-9pm		
Thu	Aug 28	Training	6-9pm	Holiday	No Class

Sept 2025					
Mon	Sept 1	Sutra Study	7:30-8:45pm	Sutras	No Class
Tue	Sept 2	Practice	6-7pm	Lesson 13	Hip Openers
		Training	7-9pm		
Thu	Sept 4	Training	6-9pm		
Mon	Sept 8	Sutra Study	7:30-8:45pm	Sutras	Lesson 12
Tue	Sept 9	Practice	6-7pm	Lesson 14	Abs & Core
		Training	7-9pm		
Thu	Sept 11	Training	6-9pm		
Mon	Sept 15	Sutra Study	7:30-8:45pm	Sutras	Lesson 13
Tue	Sept 16	Practice	6-7pm	Lesson 15	Twists
		Training	7-9pm		
Thu	Sept 18	Training	6-9pm		
Mon	Sept 23	Sutra Study	7:30-8:45pm	Sutras	Lesson 14
Tue		Practice	6-7pm	Lesson 16	Forward Folds
	Sept 25	Training	7-9pm		
Thu	Sept 23	Training	6-9pm		

October 2025					
Mon	Oct 6	Sutra Study	7:30-8:45pm	Sutras	Lesson 15
Tue	Oct 7	Practice	6-7pm	Lesson 17	Backbends
		Training	7-9pm		
Thu	Oct 9	Training	6-9pm		
Mon	Oct 13	Sutra Study	7:30-8:45pm	Sutras	Lesson 16
Tue	Oct 14	Practice	6-7pm	Lesson 18	Reclining & Savasana
		Training	7-9pm		
Thu	Oct 16	Training	6-9pm		

Mon	Oct 20	Sutra Study	7:30-8:45pm	Sutras	Lesson 17
Tue	Oct 21	Practice	6-7pm	Lesson 19	Arm Balances
		Training	7-9pm		
Thu	Oct 23	Training	6-9pm		
Mon	Oct 27	Sutra Study	7:30-8:45pm	Sutras	Lesson 18
Tue	Oct 28	Practice	6-7pm	Lesson 20	Inversions
		Training	7-9pm		
Thu	Oct 30	Training	6-9pm		

November 2025

Mon	Nov 3	Sutra Study	7:30-8:45pm	Sutras	Lesson 19-20
Tue	Nov 4	Practice	6-7pm	Review	Review Class – Lessons 11-20
		Training	7-9pm		
Thu	Nov 6	Training	6-9pm	Teaching	Teaching Skills
Tue	Nov 11	Teaching	6-7:30pm	Video #1	Teach Intro to Yoga Class
Thu	Nov 13	Critique	6-9pm		
Tue	Nov 18	Teaching	6-7:30pm	Video #2	Teach Intro to Yoga Class
Thu	Nov 20	Critique	6-9pm		
Tue	Nov 25	Teaching	6-7:30pm	Video #3	Teach Intro to Yoga Class
Fri	Nov 28	Critique	6-9pm		

December 2025

Sat	Dec 06	Teaching	10:30am-12:15pm	Thesis #1	Teach Workshop
Sat	Dec 06	Teaching	1-2:45pm	Thesis #2	Teach Workshop
Sat	Dec 13	Teaching	10:30am-12:15pm	Thesis #3	Teach Workshop
Sat	Dec 13	Teaching	1-2:45pm	Thesis #4	Teach Workshop
Sat	Dec 20	Teaching	10:30am-12:15pm	Thesis #5	Teach Workshop
Sat	Dec 20	Teaching	1-2:45pm	Thesis #6	Teach Workshop
Sat	Dec 20	Satsang	3-5pm	Ceremony	Closing Circle & Certification

Om Shanti!



