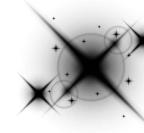


## Moksha Yoga Center Teacher Training Course 200hr Foundation & 500hr Advanced Fall 2025 - Spring 2026 Schedule



Septer	September 2025   SEMESTER 1							
Sun	Aug 31	Practice	10:30am-12:10pm	Lesson 00	Orientation   Register by Aug 24th			
		Orientation	1-2:30pm		* Labor Day Weekend (Sept 1)			
Sun	Sept 7	Practice	10:30am-12:15pm	Lesson 01	Opening Poses			
		Training	1-5pm					
Mon	Sept 8	Lecture	7:30-8:45pm		Sutra Study			
Sun	Sept 14	Practice	10:30am-12:15pm	Lesson 02	Vinyasa			
		Training	1-5pm					
Mon	Sept 15	Lecture	7:30-8:45pm		Sutra Study			
Sun	Sept 21	Practice	10:30am-12:15pm	Lesson 03	Surya Namaskar A			
		Training	1-5pm					
Mon	Sept 22	Lecture	7:30-8:45pm		Sutra Study			
Sun	Sept 28	Practice	10:30am-12:15pm	Lesson 04	Surya Namaskar A			
		Training	1-5pm					
Mon	Sept 29	Lecture	7:30-8:45pm		Sutra Study			

October	October 2025							
Sun	Oct 5	Practice	10:30am-12:15pm	Lesson 05	Surya Namaskar CDX			
		Training	1-5pm					
Mon	Oct 6	Lecture	7:30-8:45pm		Sutra Study			
Sun	Oct 12	Practice	10:30am-12:15pm	Lesson 06	Open Hip Standing Poses			
		Training	1-5pm					
Mon	Oct 13	Lecture	7:30-8:45pm		Sutra Study			
Sat*	Oct 18	Practice	10:30am-12:15pm	Lesson 07	Closed Hip Standing Poses			
		Training	1-5pm					
Sun	Oct 19	Practice	10:30am-12:15pm	Lesson 08	Twisting Hip Standing			
		Training	1-5pm					
Mon	Oct 20	Lecture	7:30-8:45pm		Sutra Study			

October 2025 - continued						
Sun	Oct 26	Practice	10:30am-12:15pm	Lesson 09	Side Stretches	
		Training	1-5pm			
Mon	Oct 27	Lecture	7:30-8:45pm		Sutra Study	

Noven	November 2025							
Sun	Nov 2	Practice	10:30am-12:15pm	Lesson 10	Balancing Poses			
		Training	1-5pm					
Mon	Nov 3	Lecture	7:30-8:45pm		Sutra Study			
Sun Nov	Nov 9	Practice	10:30am-12:15pm	Lesson 11	Shoulders Opening			
		Training	1-5pm					
Mon	Nov 10	Lecture	7:30-8:45pm		Sutra Study			
Sat*	Nov 15	Practice	10:30am-12:15pm	Lesson 12	Shoulders Strengthening			
		Training	1-5pm					
Sun	Nov 16	Practice	10:30am-12:15pm	Lesson 13	Hip Openers			
		Training	1-5pm					
Sun	Nov 23	Practice	10:30am-12:15pm	Lesson 14	Abs & Core			
		Training	1-5pm					
Sun	Nov 30	Practice	10:30am-12:15pm	Lesson 15	Twists			
		Training	1-5pm		*Thanksgiving Weekend			

December 2025								
Sat*	Dec 6	Practice	10:30am-12:15pm	Lesson 16	Forward Folds			
		Training	1-5pm					
Sun	Dec 7	Practice	10:30am-12:15pm	Lesson 17	Backbends			
		Training	1-5pm					
Sun	Dec 14	Practice	10:30am-12:15pm	Lesson 18	Reclining & Savasana			
		Training	1-5pm					
No doc								

No classes Dec 15 - Jan 4

January 2026   SEMESTER 2							
Sun	Jan 5	Teaching	1-2:30pm	Video #1	Teach Intro to Yoga Class		
		Critique	TBD				
Sun	Jan 12	Teaching	1-2:30pm	Video #2	Teach Intro to Yoga Class		
		Critique	TBD				

January 2026 - continued						
Sun	Jan 19	Teaching	1-2:30pm	Video #3	Teach Intro to Yoga Class	
		Critique	TBD			
No classes Jan 20 - Feb 14 (South Indian Ashram Spiritual Pilgrimage Jan 26 - Feb 5)						

February 2026							
Sun	Feb 15	Practice	10:30am-12:15pm	Lesson 19	Arm Balances		
		Training	1-5pm				
Sun	Feb 22	Practice	10:30am-12:15pm	Lesson 20	Inversions		
		Training	1-5pm				

March 2026							
Sun	Mar 1	Practice	1-2:30pm	Video #4	Teach Intro to Yoga Class		
		Training	TBD				
Sun	Mar 8	Practice	1-2:30pm	Video #5	Teach Intro to Yoga Class		
		Training	TBD				
Sun	Mar 15	No Class					
Sat	Mar 21	Workshop	10:30am-12:15pm	Thesis #1	Teach Thesis Project Workshop		
Sat	Mar 28	Workshop	10:30am-12:15pm	Thesis #2	Teach Thesis Project Workshop		

April 2026						
Sat	Apr 4	Workshop	10:30am-12:15pm	Thesis #3	Teach Thesis Project Workshop	
Sat	Apr 11	Workshop	10:30am-12:15pm	Thesis #4	Teach Thesis Project Workshop	
Sat	Apr 18	Workshop	10:30am-12:15pm	Thesis #5	Teach Thesis Project Workshop	
Sat	Apr 25	Workshop	10:30am-12:15pm	Thesis #6	Teach Thesis Project Workshop	

May 2026					
Fri	May 1	Last Class	6:30-8:30pm	Closing	Closing Ceremony & Sattvic Potluck

Om Shanti!

Please note: No refunds for early departure, late arrival or no show.

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