

Moksha Yoga Center

Teacher Training Course

200hr Foundation & 500hr Advanced

Fall 2025 - Spring 2026 Schedule

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

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		<i>Sutra Study</i>
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		<i>Sutra Study</i>
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		<i>Sutra Study</i>

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		<i>Sutra Study</i>

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		<i>Sutra Study</i>
Sun	Nov 9	Practice	10:30am-12:15pm	Lesson 11	Shoulders Opening
		Training	1-5pm		
Mon	Nov 10	Lecture	7:30-8:45pm		<i>Sutra Study</i>
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		<i>*Thanksgiving Weekend</i>

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 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		
<i>No classes Jan 20 - Feb 14 (South Indian Ashram Spiritual Pilgrimage Jan 26 - Feb 5)</i>					

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		
<i>Sun</i>	<i>Mar 15</i>	<i>No Class</i>			
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.



