

Moksha Yoga Center

Teacher Training Course

200hr Foundation & 500hr Advanced

Fall 2025 - Spring 2026 Schedule

Fundamentals - Semester 1

Meetings on Sundays (September - December)

*Plus 3 Saturdays where noted

Practice: 10:30am-12:10pm & Training: 1-5pm

Orientation: Sunday, Aug 31, 1-2:30pm

Sept 7¹, 14², 21³, 28⁴ **Oct** 5⁵, 12⁶, (Sat-10/18⁷), 19⁸, 26⁹
Nov 2¹⁰, 9¹¹, (Sat-11/15¹²), 16¹³, 23¹⁴, 30¹⁵ **Dec** (Sat-12/6¹⁶), 7¹⁷, 14¹⁸

No Classes Dec 21 - Jan 4

Special Saturday Classes: 10/18⁷, 11/15¹², 12/6¹⁶

Note: superscript are lesson numbers.

Teaching Skills & Thesis - Semester 2

Meetings (January - April)

Fundamentals: Sundays, 1-3pm - Arm Balances on **Feb** 15¹⁹ & Inversions on **Feb** 22²⁰

Teaching Skills Video Review: Jan 5, 12, 19 (Zoom) & Mar 1, 8 (Live)

No Sunday class on Jan 26, Feb 1, 8

Community Classes: February-April (*according to your schedule*)

Thesis Workshop Project: Saturdays, 10:30am-12:30pm - March 21, 28, April 4, 11, 18, 25

Yoga Philosophy

Meetings on Mondays

Fall: Mondays 7:30-8:45pm | Tantrika Study | Daren

Sept 1/off, 8, 15, 22, 29 **Oct** 6, 13, 20, 27 **Nov** 3, 10 [10 sessions]

No class Nov 17 to Jan 5

Winter: Mondays 7:30-9pm | Bhagavad Gita | Subala Das

Jan 5/off, 12, 19, 26 **Feb** 2, 9, 16, 23 [7 sessions]

No class Mar 1 to Mar 16

Spring: Mondays 7:30-8:45pm | Classical Yoga Sutra Study | Daren

March 23, 30 **April** 6, 13, 20, 27 **May** 4, 11, 18, 25/off, **June** 1 [10 sessions]

Last Class, Closing Circle & Sattvic Potluck

Friday, May 1, 6:30-9pm

Om Shanti



