

Moksha Yoga Center

Teacher Training Course

200hr Foundation & 500hr Advanced

Summer 2025 Schedule

| June 2025 Semester 1 | | | | | |
|-------------------------------|---------|-------------|-------------|-----------|---|
| Tue | June 03 | Practice | 6-7pm | Lesson 00 | Orientation <i>Register by June 2nd</i> |
| | | Orientation | 7-9pm | | |
| Thu | June 05 | Training | 6-8:30pm | 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 | 6-8:30pm | | |
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| 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 | 6-8:30pm | | |
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| Mon | June 23 | Sutra Study | 7:30-8:45pm | Sutras | Lesson 04 |
| Tue | June 24 | Practice | 6-7pm | Lesson 04 | Surya Namaskar B |
| | | Training | 7-9pm | | |
| Thu | June 26 | Training | 6-8:30pm | | |
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| Mon | June 30 | Sutra Study | 7:30-8:45pm | Sutras | Lesson 04 |

| July 2025 | | | | | |
|------------------|--------|-------------|-------------|-----------|---------------------------|
| Tue | July 1 | Practice | 6-7pm | Lesson 05 | Surya Namaskar A |
| | | Training | 7-9pm | | |
| Thu | July 3 | Training | 6-8:30pm | | <i>No Class - Holiday</i> |
| | | | | | |
| Mon | July 7 | Sutra Study | 7:30-8:45pm | Sutras | Lesson 05 |
| Tue | July 8 | Practice | 6-7pm | Lesson 06 | Surya Namaskar CDX |
| | | Training | 7-9pm | | |

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| Thu | July 10 | Training | 6-8:30pm | | |
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| Mon | July 14 | Sutra Study | 7:30-8:45pm | Sutras | Lesson 06 |
| Tue | July 15 | Practice | 6-7pm | Lesson 07 | Open Hip Standing Poses |
| | | Training | 7-9pm | | |
| Thu | July 17 | Training | 6-8:30pm | | |
| | | | | | |
| Mon | July 21 | Sutra Study | 7:30-8:45pm | Sutras | Lesson 07 |
| Tue | July 22 | Practice | 6-7pm | Lesson 08 | Closed Hip Standing Poses |
| | | Training | 7-9pm | | |
| Thu | July 24 | Training | 6-8:30pm | | |
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| Mon | July 28 | Sutra Study | 7:30-8:45pm | Sutras | Lesson 08 |
| Tue | July 29 | Practice | 6-7pm | Lesson 09 | Twisting Hip Standing |
| | | Training | 7-9pm | | |
| Thu | July 31 | Training | 6-8:30pm | | |

| August 2025 | | | | | |
|--------------------|--------|-------------|-------------|-----------|--------------------------------|
| Mon | Aug 4 | Sutra Study | 7:30-8:45pm | Sutras | Lesson 09 |
| Tue | Aug 5 | Practice | 6-7pm | Lesson 10 | Side Stretches Balancing Poses |
| | | Training | 7-9pm | | |
| Thu | Aug 7 | Training | 6-8:30pm | | |
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| Mon | Aug 11 | Sutra Study | 7:30-8:45pm | Sutras | Lesson 10 |
| Tue | Aug 12 | Practice | 6-7pm | Lesson 11 | Balancing |
| | | Training | 7-9pm | | |
| Thu | Aug 14 | Training | 6-8:30pm | | |
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| Mon | Off | Sutra Study | 7:30-8:45pm | Sutras | Lesson 11 |
| Tue | Aug 19 | Practice | 6-7pm | Lesson 12 | Shoulders |
| | | Training | 7-9pm | | |
| Thu | Aug 21 | Training | 6-8:30pm | | |
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| Mon | Off | Sutra Study | 7:30-8:45pm | Sutras | No Class |
| Tue | Aug 26 | Practice | 6-7pm | Holiday | No Class |

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| | | <i>Training</i> | <i>7-9pm</i> | | |
| <i>Thu</i> | <i>Aug 28</i> | <i>Training</i> | <i>6-8:30pm</i> | <i>Holiday</i> | <i>No Class</i> |

| Sept 2025 | | | | | |
|------------------|----------------|--------------------|--------------------|------------------|-----------------------|
| <i>Mon</i> | <i>Sept 1</i> | <i>Sutra Study</i> | <i>7:30-8:45pm</i> | <i>Sutras</i> | <i>No Class</i> |
| <i>Tue</i> | <i>Sept 2</i> | <i>Practice</i> | <i>6-7pm</i> | <i>Lesson 13</i> | <i>Hip Openers</i> |
| | | <i>Training</i> | <i>7-9pm</i> | | |
| <i>Thu</i> | <i>Sept 4</i> | <i>Training</i> | <i>6-8:30pm</i> | | |
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| <i>Mon</i> | <i>Sept 8</i> | <i>Sutra Study</i> | <i>7:30-8:45pm</i> | <i>Sutras</i> | <i>Lesson 12</i> |
| <i>Tue</i> | <i>Sept 9</i> | <i>Practice</i> | <i>6-7pm</i> | <i>Lesson 14</i> | <i>Abs & Core</i> |
| | | <i>Training</i> | <i>7-9pm</i> | | |
| <i>Thu</i> | <i>Sept 11</i> | <i>Training</i> | <i>6-8:30pm</i> | | |
| | | | | | |
| <i>Mon</i> | <i>Sept 15</i> | <i>Sutra Study</i> | <i>7:30-8:45pm</i> | <i>Sutras</i> | <i>Lesson 13</i> |
| <i>Tue</i> | <i>Sept 16</i> | <i>Practice</i> | <i>6-7pm</i> | <i>Lesson 15</i> | <i>Twists</i> |
| | | <i>Training</i> | <i>7-9pm</i> | | |
| <i>Thu</i> | <i>Sept 18</i> | <i>Training</i> | <i>6-8:30pm</i> | | |
| | | | | | |
| <i>Mon</i> | <i>Sept 22</i> | <i>Sutra Study</i> | <i>7:30-8:45pm</i> | <i>Sutras</i> | <i>Lesson 14</i> |
| <i>Tue</i> | <i>Sept 23</i> | <i>Practice</i> | <i>6-7pm</i> | <i>Lesson 16</i> | <i>Forward Folds</i> |
| | | <i>Training</i> | <i>7-9pm</i> | | |
| <i>Thu</i> | <i>Sept 25</i> | <i>Training</i> | <i>6-8:30pm</i> | | |

| October 2025 | | | | | |
|---------------------|----------------|--------------------|--------------------|------------------|---------------------------------|
| <i>Mon</i> | <i>Sept 29</i> | <i>Sutra Study</i> | <i>7:30-8:45pm</i> | <i>Sutras</i> | <i>Lesson 15</i> |
| <i>Tue</i> | <i>Sept 30</i> | <i>Practice</i> | <i>6-7pm</i> | <i>Lesson 17</i> | <i>Backbends</i> |
| | | <i>Training</i> | <i>7-9pm</i> | | |
| <i>Thu</i> | <i>Oct 2</i> | <i>Training</i> | <i>6-8:30pm</i> | | |
| | | | | | |
| <i>Mon</i> | <i>Oct 6</i> | <i>Sutra Study</i> | <i>7:30-8:45pm</i> | <i>Sutras</i> | <i>Lesson 16</i> |
| <i>Tue</i> | <i>Oct 7</i> | <i>Practice</i> | <i>6-7pm</i> | <i>Lesson 18</i> | <i>Reclining & Savasana</i> |
| | | <i>Training</i> | <i>7-9pm</i> | | |
| <i>Thu</i> | <i>Oct 9</i> | <i>Training</i> | <i>6-8:30pm</i> | | |
| <i>Mon</i> | <i>Oct 13</i> | <i>Sutra Study</i> | <i>7:30-8:45pm</i> | <i>Sutras</i> | <i>Lesson 17</i> |

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| Tue | Oct 14 | Practice | 6-7pm | Lesson 19 | Arm Balances |
| | | Training | 7-9pm | | |
| Thu | Oct 18 | Training | 6-8:30pm | | |
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| Mon | Oct 20 | Sutra Study | 7:30-8:45pm | Sutras | Lesson 18 |
| Tue | Oct 21 | Practice | 6-7pm | Lesson 20 | Inversions |
| | | Training | 7-9pm | | |
| Thu | Oct 23 | Training | 6-8:30pm | | |

November 2025 | Semester 2

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|------------|---------------|-----------------|-----------------|----------------|------------------------------|
| Mon | Oct 27 | Sutra Study | 7:30-8:45pm | Sutras | Lesson 19-20 |
| Tue | Oct 28 | Training | 6-9pm | Review | Review Class – Lessons 11-20 |
| Thu | Oct 30 | Training | 6-8:30pm | Teaching | Teaching Skills |
| | | | | | |
| Mon | Nov 3 | Sutra Study | 7:30-8:45pm | Sutras | |
| Tue | Nov 4 | Teaching | 6-7:30pm | Video #1 | Teach Intro to Yoga Class |
| Thu | Nov 6 | Critique | 6-8:30pm | | |
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| Mon | Nov 10 | Sutra Study | 7:30-8:45pm | Sutras | |
| Tue | Nov 11 | Teaching | 6-7:30pm | Video #2 | Teach Intro to Yoga Class |
| Thu | Nov 13 | Critique | 6-8:30pm | | |
| | | | | | |
| Tue | Nov 18 | Teaching | 6-7:30pm | Video #3 | Teach Intro to Yoga Class |
| Thu | Nov 20 | Critique | 6-8:30pm | | |
| | | | | | |
| <i>Tue</i> | <i>Nov 25</i> | <i>Teaching</i> | <i>6-7:30pm</i> | <i>Holiday</i> | <i>No Class</i> |
| <i>Thu</i> | <i>Nov 26</i> | <i>Critique</i> | <i>6-8:30pm</i> | <i>Holiday</i> | <i>No Class</i> |

December 2025

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|------------|---------------|----------------|-----------------|-----------------|---|
| 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 |



