

# Moksha Yoga Center

## Teacher Training Course

### 200hr Foundation & 500hr Advanced

### Summer 2025 Schedule

#### Fundamentals - Semester 1

Meetings on Tues 6-9pm & Thurs 6-8:30pm (June - October)

**Orientation:** Tuesday, June 3, 6-7pm

**June** 3<sup>1</sup>, 5<sup>1</sup>, 10<sup>2</sup>, 12<sup>2</sup>, 17<sup>3</sup>, 19<sup>3</sup>, 24<sup>4</sup>, 26<sup>4</sup>

**July** 1<sup>5</sup>, 3<sup>OFF</sup>, 8<sup>6</sup>, 10<sup>6</sup>, 15<sup>7</sup>, 17<sup>7</sup>, 22<sup>8</sup>, 24<sup>8</sup>, 29<sup>9</sup>, 31<sup>9</sup>

**Aug** 5<sup>10</sup>, 7<sup>10</sup>, 12<sup>11</sup>, 14<sup>11</sup>, 19<sup>12</sup>, 21<sup>12</sup>, 26<sup>OFF</sup>, 28<sup>OFF</sup>

**Sept** 2<sup>13</sup>, 4<sup>13</sup>, 9<sup>14</sup>, 11<sup>14</sup>, 16<sup>15</sup>, 18<sup>15</sup>, 23<sup>16</sup>, 25<sup>16</sup>, 30<sup>17</sup>

**Oct** 2<sup>17</sup>, 7<sup>18</sup>, 9<sup>18</sup>, 14<sup>19</sup>, 16<sup>19</sup>, 21<sup>20</sup>, 23<sup>20</sup>, 28<sup>TC</sup>, 30<sup>TC</sup>

*Note: superscript are lesson numbers.*

#### Teaching Skills & Thesis - Semester 2

Meetings on Tues & Thurs (November-December)

**Teaching Skills Video Review:** Nov 4/6, Nov 11/13, Nov 18/20

*No class on Nov 25/26*

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

**Thesis Workshop Project:** Saturdays, 10:30am-12:30pm - Dec 5, 12, 19

#### Yoga Philosophy

Meetings on Mondays

**Summer: Mondays 7:30-8:45pm | Sutra Study | Daren**

**June** 9, 16, 23, 30 **July** 7, 14, 21, 28 **Aug** 4, 11 [10 sessions]

**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]

**Last Class, Closing Circle & Sattvic Potluck**

**Sunday, Dec 20, 5:30-7pm**

**Om Shanti**



