



YOGA THERAPY APPLICATIONS WITHIN THE MENTAL-HEALTH FIELD, Module 5
 March 4–27, 2022
 Kripalu Faculty

MARCH	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022			1	2	3	4 9:00–12:00 pm 2:00–5:00 pm	5 9:00–12:00 pm 2:00–5:00 pm
	6 9:00–12:00 pm	7 9:00–10:15 am	8	9 7:00–8:00 pm*	10	11 9:00–12:00 pm 2:00–5:00 pm	12 9:00–12:00 pm 2:00–5:00 pm
	13 9:00–12:00 pm	14 9:00–10:15 am	15	16 7:00–8:00 pm*	17	18 9:00–12:00 pm 2:00–5:00 pm	19 9:00–12:00 pm 2:00–5:00 pm
	20 9:00–12:00 pm	21 9:00–10:15 am	22	23 7:00–8:00 pm*	24	25 9:00–12:00 pm 2:00–5:00 pm	26 9:00–12:00 pm 2:00–5:00 pm
	27 9:00–12:00 pm	28	29	30	31		

Please note Times are subject to change. All times are EST and will be streamed live via Zoom. Monday classes are required, but don't need to be attended live—replay videos can be watched on demand. *Wednesday sessions are optional.