



## 200-HOUR KRIPALU MEDITATION TEACHER TRAINING

### Monique Schubert and Cristie Newhart

#### FRIDAY, MARCH 22

6:30–8:30 pm

#### SATURDAY, MARCH 23

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### SUNDAY, MARCH 24

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### MONDAY, APRIL 1

6:30–8:30 pm

#### FRIDAY, APRIL 5

6:30–8:30 pm

#### SATURDAY, APRIL 6

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### SUNDAY, APRIL 7

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### MONDAY, APRIL 15

6:30–8:30 pm

#### FRIDAY, APRIL 19

6:30–8:30 pm

#### SATURDAY, APRIL 20

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### SUNDAY, APRIL 21

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### MONDAY, APRIL 29

6:30–8:30 pm

#### FRIDAY, MAY 3

6:30–8:30 pm

#### SATURDAY, MAY 4

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### SUNDAY, MAY 5

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### MONDAY, MAY 13

6:30–8:30 pm

#### FRIDAY, MAY 17

6:30–8:30 pm

#### SATURDAY, MAY 18

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### SUNDAY, MAY 19

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### FRIDAY, MAY 31

6:30–8:30 pm

#### SATURDAY, JUNE 1

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### SUNDAY, JUNE 2

7:30–8:30 am

9:30 am–12:00 pm

2:00–4:30 pm

4:45–5:45 pm

#### MONDAY, JUNE 10

6:30–8:30 pm

#### ON CAMPUS IMMERSION BEGINS:

#### TUESDAY, JUNE 18

7:30–8:30 pm

#### WEDS., JUNE 19—SUN., JUNE 23

6:30–8:00 am

9:00 am–12:00 pm

2:00–6:00 pm