



HYBRID KRIPALU YOGA MEDITATION TEACHER TRAINING  
 March 24–June 25, 2023  
 Sam Chase, Monique Schubert, Cristie Newhart

MARCH	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25 7:30–8:30 am 9:30–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
	26 7:30–8:30 am 9:30–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	27 6:30–8:30 pm	28	29	30	31 6:30–8:30 pm	

**Please note** Times are subject to change. Times are EST and will be streamed live via Zoom. The Residential Immersion will take place on the Kripalu campus in Stockbridge, Massachusetts.



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2023							1 7:30–8:30 am 9:30–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
	2 7:30–8:30 am 9:30–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	3 6:30–8:30 pm	4	5	6	7	8
	9	10 6:30–8:30 pm	11	12	13	14	15
	16	17 6:30–8:30 pm	18	19	20	21	22 7:30–8:30 am 9:30–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
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2023		1 6:30–8:30 pm	2	3	4	5 6:30–8:30 pm	6 7:30–8:30 am 9:30–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
	7 7:30–8:30 am 9:30–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	8 6:30–8:30 pm	9	10	11	12	13
	14	15 6:30–8:30 pm	16	17	18	19 6:30–8:30 pm	20 7:30–8:30 am 9:30–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
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JUNE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023					1	2	3 7:30–8:30 am 9:30–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
	4 7:30–8:30 am 9:30–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	5 6:30–8:30 pm	6	7	8	9 6:30–8:30 pm	10 4:45–5:45 pm
	11	12 6:30–8:30 pm	13	14	15	16	17
	18	19	20 Residential Immersion at Kripalu begins 7:00–8:30 pm	21 6:30–7:45 am 9:00–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	22 6:30–7:45 am 9:00–12:00 pm 2:00–4:30 pm 4:45–5:45 pm 7:00–8:30 pm	23 6:30–7:45 am 9:00–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	24 6:30–7:45 am 9:00–12:00 pm 2:00–4:30 pm 4:45–5:45 pm 7:00–8:30 pm
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