



KSIYT MODULE 7: Pranayama, Mudra, and the Subtle Anatomy Applied in Yoga Therapy  
April 29–May 22, 2022  
Kripalu Faculty

APRIL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022						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	26	27	28	29 9:00–12:00 pm 2:00–5:00 pm	30 9:00–12:00 pm 2:00–5:00 pm

**Please note** Times are subject to change. All times are EST and will be streamed live via Zoom.

\*Live attendance for these sessions is optional but encouraged. Completion of Monday morning sessions will be required and can be completed by watching the recording on students' own time during the week.



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MAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022	1 9:00–12:00 pm	2 9:00–10:15 am*	3	4 7:00–8:00 pm*	5	6 9:00–12:00 pm 2:00–5:00 pm	7 9:00–12:00 pm 2:00–5:00 pm
	8 9:00–12:00 pm	9 9:00–10:15 am*	10	11 7:00–8:00 pm*	12	13 9:00–12:00 pm 2:00–5:00 pm	14 9:00–12:00 pm 2:00–5:00 pm
	15 9:00–12:00 pm	16 9:00–10:15 am*	17	18 7:00–8:00 pm*	19	20 9:00–12:00 pm 2:00–5:00 pm	21 9:00–12:00 pm 2:00–5:00 pm
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