



KRIPALU YOGA TEACHER TRAINING, 200-HOUR
 October 28, 2022–February 26, 2023
 Cristie Newhart and Monique Schubert

OCTOBER	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 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm
	30 7:00–8:00 am 9:15–12:15 pm 2:00–4:30 pm	31				6:30–8:30 pm	

Please note Times are subject to change. All times are EST and will be streamed live via Zoom. Sessions marked with an asterisk are optional but encouraged.



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

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							7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 6:30–8:30 pm 5:00–6:15 pm
4	5	6	7	8	9	10	
7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm		7:00–8:00 am			7:00–8:00 am		
			5:30–6:30 pm 7:00–9:00 pm	6:30–8:30 pm			
11	12	13	14	15	16	17	
		7:00–8:00 am				7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm	
			5:30–6:30 pm 7:00–9:00 pm		6:30–8:30 pm		
18	19	20	21	22	23	24	
7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm		7:00–8:00 am					
25	26	27	28	29	30	31	

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

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

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