



200-HOUR ONLINE KRIPALU YOGA TEACHER TRAINING
 August 27–October 25, 2020
 Jurian Hughes, Monique Schubert, and Sadia Bruce

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One August 27–30			6:30–8:00 pm	9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm	6:30–7:45 am 9:00 am–12:00 pm 2:00–4:00 pm	6:30–7:45 am 9:00 am–12:00 pm
Week Two September 1–6	6:30–7:45 am (yoga)	5:15–6:15 pm (check-in)	6:30–7:45 am (yoga)			
Week Three September 8–13	5:30–6:30 pm (check-in)	5:30–6:30 pm (yoga)	6:30–8:00 pm	9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm	6:30–7:45 am 9:00 am–12:00 pm 2:00–4:00 pm	6:30–7:45 am 9:00 am–12:00 pm
Week Four September 15–20	6:30–7:45 am (yoga)	5:15–6:15 pm (check-in)	6:30–7:45 am (yoga)			
Week Five September 22–27	5:30–6:30 pm (check-in)	5:30–6:30 pm (yoga)	6:30–8:00 pm	9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm	6:30–7:45 am 9:00 am–12:00 pm 2:00–4:00 pm	6:30–7:45 am 9:00 am–12:00 pm
Week Six September 29– October 4	6:30–7:45 am (yoga)	5:15–6:15 pm (check-in)	6:30–7:45 am (yoga)			
Week Seven October 6–11	5:30–6:30 pm (check-in)	5:30–6:30 pm (yoga)	6:30–8:00 pm	9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm	6:30–7:45 am 9:00 am–12:00 pm 2:00–4:00 pm	6:30–7:45 am 9:00 am–12:00 pm
Week Eight October 13–18	6:30–7:45 am (yoga)	5:15–6:15 pm (check-in)	6:30–7:45 am (yoga)			
Week Nine October 20–25			6:30–8:00 pm	9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm	6:30–7:45 am 9:00 am–12:00 pm 2:00–4:00 pm	6:30–7:45 am 9:00 am–12:00 pm

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