



200-HOUR ONLINE KRIPALU YOGA TEACHER TRAINING
February 25–October 24, 2021
Sadia Bruce and Michelle Dalbec

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February		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 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm	27 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm
	28 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm				6:30–8:30 pm		

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March		1	2 7:00–8:00 am	3	4 7:00–8:00 am	5	6
	7	8	9 7:00–8:00 am	10 6:30–8:30 pm	11 7:00–8:00 am	12	13
	14	15	16 7:00–8:00 am	17	18 7:00–8:00 am	19	20
	21	22	23 7:00–8:00 am	24	25 7:00–8:00 am	26	27 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm 7:00–9:00 pm
	28 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm	29	30 7:00–8:00 am	31		6:30–8:30 pm	

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April					1 7:00–8:00 am	2	3
	4	5	6 7:00–8:00 am	7 6:30–8:30 pm	8 7:00–8:00 am	9	10
	11	12	13 7:00–8:00 am	14	15 7:00–8:00 am	16	17
	18	19	20 7:00–8:00 am	21	22 7:00–8:00 am	23	24 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm 7:00–9:00 pm
	25 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm	26	27 7:00–8:00 am	28	29 7:00–8:00 am	30	

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May							1
	2	3	4 7:00–8:00 am	5	6 7:00–8:00 am	7	8
	9	10	11 7:00–8:00 am	12 6:30–8:30 pm	13 7:00–8:00 am	14	15 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm 7:00–9:00 pm
	16 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm	17	18 7:00–8:00 am	19	20 7:00–8:00 am	21 6:30–8:30 pm	22
	23	24	24 7:00–8:00 am	25	26 7:00–8:00 am	27	28
	30	31					

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June			1 7:00–8:00 am	2 6:30–8:30 pm	3 7:00–8:00 am	4	5
	6	7	8 7:00–8:00 am	9	10 7:00–8:00 am	11	12
	13	14	15 7:00–8:00 am	16	17 7:00–8:00 am	18	19
	20	21	22 7:00–8:00 am	23	24 7:00–8:00 am	25	26 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm 7:00–9:00 pm
	27 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm	28	29 7:00–8:00 am	30		6:30–8:30 pm	

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July					1	2	3
	4	5	6 7:00–8:00 am	7	8 7:00–8:00 am	9	10
	11	12	13 7:00–8:00 am	14 6:30–8:30 pm	15 7:00–8:00 am	16	17
	18	19	20 7:00–8:00 am	21	22 7:00–8:00 am	23	24 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm 7:00–9:00 pm
	25 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm	26	27 7:00–8:00 am	28	29 7:00–8:00 am	30	31

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August	1	2	3 7:00–8:00 am	4	5 7:00–8:00 am	6	7
	8	9	10 7:00–8:00 am	11	12 7:00–8:00 am	13	14
	15	16	17 7:00–8:00 am	18 6:30–8:30 pm	19 7:00–8:00 am	20	21 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm 7:00–9:00 pm
	22 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm	23	24 7:00–8:00 am	25	26 7:00–8:00 am	27 6:30–8:30 pm	28
	29	30	31 7:00–8:00 am				

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September				1	2 7:00–8:00 am	3	4
	5	6	7 7:00–8:00 am	8	9 7:00–8:00 am	10	11
	12	13	14 7:00–8:00 am	15 6:30–8:30 pm	16 7:00–8:00 am	17	18
	19	20	21 7:00–8:00 am	22	23	24 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm	25 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm 7:00–9:00 pm
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October						1	2
	3	4	5 7:00–8:00 am	6 6:30–8:30 pm	7 7:00–8:00 am	8	9
	10	11	12 7:00–8:00 am	13	14 7:00–8:00 am	15	16
	17	18	19 7:00–8:00 am	20	21 7:00–8:00 am	22	23 7:00–8:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:15 pm 7:00–9:00 pm
	24 7:00–8:15 am 9:00 am–12:00 pm	25	26	27	28	29 6:30–8:30 pm	30
	31						

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