



200-Hour Kriplau Online Yoga Teacher Training
 July 8–September 19, 2021
 Cristie Newhart and Christopher Holmes

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

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



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

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

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