



200-Hour Meditation Training
 September 10–December 19, 2021
 Kripalu Faculty

September	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3	4
	5	6	7	8	9	10	11 7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
	12 7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	13	14	15	16	17 6:30–8:00 pm	18 7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
	19 7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	20	21	22	23	24	25
	26	27	28	29 6:30–8:00 pm	30		
				6:30–8:00 pm			

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



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October	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2 7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
	3 7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	4	5	6	7	8 6:30–8:00 pm	9
	10	11	12	13 6:30–8:00 pm	14	15	16 7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
	17	18	19	20 6:30–8:00 pm	21	22 6:30–8:00 pm	23
	24	25	26	27 6:30–8:00 pm	28	29	30
	31			6:30–8:00 pm			

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Kripalu Faculty

November	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5	6
				6:30–8:00 pm			
7	8	9	10	11	12	13	7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
				6:30–8:00 pm		6:30–8:00 pm	
14	15	16	17	18	19	20	
7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm							
				6:30–8:00 pm			
21	22	23	24	25	26	27	
28	29	30					

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December	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30–8:00 pm	2	3	4 7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm
	5 7:30–8:30 am 9:30 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	6	7	8 6:30–8:00 pm	9	10	11
				RESIDENTIAL IMMERSION AT KRIPALU CAMPUS (Session Times Subject to Change)			
	12	13	14 7:00–8:30 pm	15 7:00–8:00 am 9:00 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	16 7:00–8:00 am 9:00 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	17 7:00–8:00 am 9:00 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm	18 7:00–8:00 am 9:00 am–12:00 pm 2:00–4:30 pm 4:45–5:45 pm 7:00–8:30 pm
	19 7:00–8:00 am 9:00 am–12:00 pm	20	21	22	23	24	25
	26	27	28	29	30	31	

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