



200-HOUR ONLINE KRIPALU YOGA TEACHER TRAINING  
 November 4, 2021–February 6, 2022  
 Michelle Dalbec and Christopher Holmes

NOVEMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2021		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm	<b>6</b> 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm
	<b>7</b> 7:00–8:15 am 9:15–12:15 pm	<b>8</b>	<b>9</b> 7:00–8:00 am	<b>10</b> 5:30–6:30 pm 7:00–9:00 pm	<b>11</b> 6:30–8:30 pm	<b>12</b> 7:00–8:00 am	<b>13</b>
	<b>14</b> 5:30–6:30 pm	<b>15</b>	<b>16</b> 7:00–8:00 am	<b>17</b> 5:30–6:30 pm 7:00–9:00 pm	<b>18</b> 6:30–8:30 pm	<b>19</b> 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm	<b>20</b> 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm
	<b>21</b> 7:00–8:15 am 9:15–12:15 pm	<b>22</b>	<b>23</b> 7:00–8:00 am	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	<b>28</b>	<b>29</b>	<b>30</b> 7:00–8:00 am				

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



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DECEMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2021				1 5:30–6:30 pm 7:00–9:00 pm	2 6:30–8:30 pm	3 7:00–8:00 am	4
	5 5:30–6:30 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 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm	11 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm
	12 7:00–8:15 am 9:15–12:15 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 7:00–8:00 am	18
	19 5:30–6:30 pm	20	21 7:00–8:00 am	22	23	24	25
	26	27	28 7:00–8:00 am	29 5:30–6:30 pm 7:00–9:00 pm	30	31	

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JANUARY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022							1
	2	3	4 7:00–8:00 am	5 5:30–6:30 pm 7:00–9:00 pm	6 6:30–8:30 pm	7 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm	8 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm
	9 7:00–8:15 am 9:15–12:15 pm	10	11 7:00–8:00 am	12 5:30–6:30 pm 7:00–9:00 pm	13 6:30–8:30 pm	14 7:00–8:00 am	15
	16 5:30–6:30 pm	17	18 7:00–8:00 am	19 5:30–6:30 pm 7:00–9:00 pm	20 6:30–8:30 pm	21 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm	22 8:30–12:15 pm 2:00–5:00 pm
	23 7:00–8:15 am 9:15–12:15 pm	24	25 7:00–8:00 am	26 5:30–6:30 pm 7:00–9:00 pm	27 6:30–8:30 pm	28 7:00–8:00 am	29
	30	31					

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5:30–6:30 pm

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

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