



KRIPALU SCHOOL OF INTEGRATIVE YOGA THERAPY
Foundations of Yoga Therapy, Part 1
Ellen Schaeffer and more

FRIDAY, JANUARY 10

2:00–5:00 pm

SATURDAY, JANUARY 11

9:00 am–12:00 pm

2:00–5:00 pm

SUNDAY, JANUARY 12

9:00 am–12:00 pm

MONDAY, JANUARY 13

9:00–11:00 am

WEDNESDAY, JANUARY 15

6:30–8:30 pm

FRIDAY, JANUARY 17

2:00–5:00 pm

SATURDAY, JANUARY 18

9:00 am–12:00 pm

2:00–5:00 pm

SUNDAY, JANUARY 19

9:00 am–12:00 pm

MONDAY, JANUARY 20

9:00–11:00 am

WEDNESDAY, JANUARY 22

6:30–8:30 pm

FRIDAY, JANUARY 24

2:00–5:00 pm

SATURDAY, JANUARY 25

9:00 am–12:00 pm

2:00–5:00 pm

SUNDAY, JANUARY 26

9:00 am–12:00 pm

MONDAY, JANUARY 27

9:00–11:00 am

WEDNESDAY, JANUARY 29

6:30–8:30 pm

FRIDAY, JANUARY 31

2:00–5:00 pm

SATURDAY, FEBRUARY 1

9:00 am–12:00 pm

2:00–5:00 pm

SUNDAY, FEBRUARY 2

9:00 am–12:00 pm

MONDAY, FEBRUARY 3

9:00–11:00 am

WEDNESDAY, FEBRUARY 5

6:30–8:30 pm

FRIDAY, FEBRUARY 7

2:00–5:00 pm

SATURDAY, FEBRUARY 8

9:00 am–12:00 pm

2:00–5:00 pm

SUNDAY, FEBRUARY 9

9:00 am–12:00 pm

MONDAY, FEBRUARY 10

9:00–11:00 am

WEDNESDAY, FEBRUARY 12

6:30–8:30 pm

FRIDAY, FEBRUARY 14

2:00–5:00 pm

SATURDAY, FEBRUARY 15

9:00 am–12:00 pm

2:00–5:00 pm

SUNDAY, FEBRUARY 16

9:00 am–12:00 pm

Please note Times are subject to change. All times are EST.