



KRIPALU SCHOOL OF INTEGRATIVE YOGA THERAPY  
Foundations of Yoga Therapy, Part 1  
**Tam Terry, Jen Stuart, Bill Koff, 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.