



300-HOUR ONLINE AYURVEDIC YOGA TEACHER TRAINING
 August 21–September 27, 2020
 Larissa Hall Carlson and Kate O’Donnell

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One August 21–23					5:30–7:30 pm	6:30–8:00 am 9:00 am–12:00 pm 2:00–6:00 pm	6:30–8:00 am 9:00 am–12:00 pm 2:00–6:00 pm
August 24–25	6:30–8:00 am 9:00 am–12:00 pm 2:00–6:00 pm	6:30–8:00 am 9:00 am–12:00 pm 2:00–6:00 pm					
Week Two September 23–27			5:30–7:30 pm	6:30–7:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm	6:30–7:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm	6:30–7:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm	6:30–7:15 am 9:00 am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm

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