



200-HOUR ONLINE KRIPALU YOGA TEACHER TRAINING  
 October 30–December 13, 2020  
 Michelle Dalbec and Sadia Bruce

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

**Please Note** Times are subject to change. All times are EST and will be streamed live via Zoom. Attendance is required on all sessions however, Kripalu will work with students who need to miss sessions. West, Mountain, or Central Time students will be allowed to watch recordings of early morning yoga classes rather than attending live. There will be generous breaks during each session.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week Six</b>	<b>November 30</b>	<b>December 1</b> 6:45–7:45 am 6:30–8:00 pm	<b>December 2</b> 5:30–6:30 pm	<b>December 3</b> 6:30–8:30 pm	<b>December 4</b> 7:00–8:15 am 9:00 am–12 pm 2:00–4:30 pm 5:00–6:15 pm	<b>December 5</b> 7:00–8:15 am 9:00 am–12 pm 2:00–4:30 pm 5:00–6:15 pm	<b>December 6</b> 7:00–8:15 am 9:00 am–12:00 pm
<b>Week Seven</b>	<b>December 7</b>	<b>December 8</b> 6:45–7:45 am 6:30–8:00 pm	<b>December 9</b> 5:30–6:30 pm	<b>December 10</b> 6:30–8:30 pm	<b>December 11</b> 7:00–8:15 am 9:00 am–12 pm 2:00–4:30 pm 5:00–6:15 pm	<b>December 12</b> 7:00–8:15 am 9:00 am–12 pm 2:00–4:30 pm 5:00–6:15 pm	<b>December 13</b> 7:00–8:15 am 9:00 am–12:00 pm

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