



HYBRID 200-HOUR ONLINE KRIPALU YOGA TEACHER TRAINING
 September 15, 2022–May 7, 2023
 Monique Schubert and Christopher Holmes

SEPTEMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15 Residential Immersion at Kripalu 7:00–9:00 pm	16 6:30–8:00 am 9:15–11:45 am 12:00–1:00 pm 2:00–6:00 pm	17 6:30–8:00 am 9:15–11:45 am 2:00–6:00 pm
	18 6:30–8:00 am 9:15–11:45 am	19	20	21	22	23 7:00–8:00 am	24
	25	26	27 6:30–8:30 pm	28	29	30 7:00–8:00 am	

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

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NOVEMBER	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022			1	2	3	4 7:00–8:00 am	5
	6	7	8 6:30–8:30 pm	9	10	11 7:00–8:00 am	12
	13	14	15	16	17 Residential Immersion at Kripalu 7:00–9:00 pm	18 6:30 - 8:00 am 9:15–11:45 am 2:00–6:00 pm	19 6:30–8:00 am 9:15–11:45 am 2:00–6:00 pm
	20 6:30–8:00 am 9:15–11:45 am	21	22	23	24	25	26
	27	28	29 6:30–8:30 pm	30			

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

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JANUARY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023	1	2	3	4	5	6	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	9	10	11	12	13 7:00–8:00 am	14
	15	16	17	18	19	20 7:00–8:00 am	21
	22	23	24	25	26	27 7:00–8:00 am	28
	29	30	31				

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FEBRUARY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023				1	2 Residential Immersion at Kripalu 7:00–9:00 pm	3 6:30 - 8:00 am 9:15–11:45 am 2:00–6:00 pm	4 8:15–11:45 am 1:20–6:00 pm
	5 6:30 - 8:00 am 9:15–11:45 am	6	7	8	9	10 7:00–8:00 am	11
	12	13	14 6:30–8:30 pm	15	16	17 7:00–8:00 am	18
	19	20	21	22	23	24 7:00–8:00 am	25
	26	27	28 6:30–8:30 pm				

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MARCH	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023				1	2	3 7:00–8:00 am	4
	5	6	7	8	9	10 6:30–8:30 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 2:00–4:30 pm	13	14	15	16	17 7:00–8:00 am	18
	19	20	21 6:30–8:30 pm	22	23	24 7:00–8:00 am	25
	26	27	28	29	30	31 7:00–8:00 am	

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APRIL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023							1
	2	3	4	5	6	7 7:00–8:00 am	8
			6:30–8:30 pm				
	9	10	11	12	13	14	15 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm 5:00–6:15 pm
	16 7:00–8:15 am 9:15–12:15 pm 2:00–4:30 pm	17	18	19	20	21 7:00–8:00 am	22
	23	24	25	26	27	28 7:00–8:00 am	29
	30						

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MAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2023		1	2	3	4 Residential Immersion at Kripalu 7:00–9:00 pm	5 6:30 - 8:00 am 9:15–11:45 am 2:00–6:00 pm	6 6:30–8:00 am 9:15–11:45 am 2:00–6:00 pm
	7 6:30–8:00 am 9:15–11:45 am	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			

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