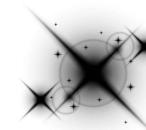


Moksha Yoga | Teacher Training 2025

with Daren | 200 & 300 hr options



Teacher Training | Semester 1a | Foundations Part 1

March	March 2025						
Sun	Mar 09	Practice	10:30am-12:15pm	Lesson 00	Orientation Register by March 8th		
		Orientation	1-2:30pm				
Sun	Mar 16	Practice	10:30am-12:15pm	Lesson 01	Opening Poses		
		Training	1-5:15pm				
Sun	Mar 23	Practice	10:30am-12:15pm	Lesson 02	Vinyasa		
		Training	1-5:15pm				
Sun	Mar 30	Practice	10:30am-12:15pm	Lesson 03	Surya Namaskar A		
		Training	1-5:15pm				

April 2025						
Sun	Apr 06	Practice	10:30am-12:15pm	Lesson 04	Surya Namaskar A	
		Training	1-5:15pm			
Sun	Apr 13	Practice	10:30am-12:15pm	Lesson 05	Surya Namaskar CDX	
		Training	1-5:15pm			
Sun	Apr 20	Practice	10:30am-12:15pm	Lesson 06	Open Hip Standing Poses	
		Training	1-5:15pm		*Note: Easter	
Sun	Apr 27	Practice	10:30am-12:15pm	Lesson 07	Closed Hip Standing Poses	
		Training	1-5:15pm			

May 20	May 2025							
Sun	May 04	Practice	10:30am-12:15pm	Lesson 08	Twisting Hip Standing			
		Training	1-5:15pm					
Sun	May 11	Practice	10:30am-12:15pm	Lesson 09	Side Stretches			
		Training	1-5:15pm		*Note: Mother's Day			
Sun	May 18	Practice	10:30am-12:15pm	Lesson 10	Balancing Poses			
		Training	1-5:15pm					
Sun	May 25	Practice	10:30am-12:15pm	Review	Review Class – Lessons 1-10			
		Training	1-5:15pm		Memorial Day Weekend			

Teacher Training | Semester 1b | Foundations Part 2

June 20	June 2025						
Sun	June 01	Practice	10:30am-12:15pm	Lesson 11	Shoulders Opening		
		Training	1-5:15pm				
Sun	June 08	Practice	10:30am-12:15pm	Lesson 12	Shoulders Strengthening		
		Training	1-5:15pm				
Sun	June 15	Practice	10:30am-12:15pm	Lesson 13	Hip Openers		
		Training	1-5:15pm		*Note: Father's Day		
Sun	June 22	Practice	10:30am-12:15pm	Lesson 14	Abs & Core		
		Training	1-5:15pm				
Sun	June 29	Practice	10:30am-12:15pm	Lesson 15	Twists		
		Training	1-5:15pm				

July 20	July 2025						
Sun	July 06	Practice	No Meeting	Off	Camping & Rafting Retreat in Wisconsin		
		Training	No Meeting	Off			
Sun	July 13	Practice	10:30am-12:15pm	Lesson 16	Forward Folds		
		Training	1-5:15pm				
Sun	July 20	Practice	10:30am-12:15pm	Lesson 17	Backbends		
		Training	1-5:15pm				
Sun	July 27	Practice	10:30am-12:15pm	Lesson 18	Reclining & Savasana		
		Training	1-5:15pm				

August	August 2025						
Sun	Aug 03	Practice	10:30am-12:15pm	Lesson 19-20	Arm Balances & Inversions		
		Training	1-5:15pm				
Sun	Aug 10	Practice	10:30am-12:15pm	Review	Review Class – Lessons 11-20		
		Training	1-5:15pm				
Sun	Aug 17	Practice	10:30am-12:15pm	Teaching	Teaching Skills		
		Training	1-5:15pm				
Sun	Aug 24	Practice	10:30am-12:15pm	Teaching	Teaching Practice		
		Training	1-5:15pm				
Sun	Aug 31	Practice	No Meeting	Off	Labor Day Weekend		
		Training	No Meeting	Off			

Teacher Training | Philosophy | Daren

Schedule: Mondays, 7:30-8:45pm | meets online - Zoom | 20 meetings

Dates: March 17, 24, 31; April 7, 14, 21, 28; May 5, 12, 19, 26/off, June 2, 9, 16, 23, 30;

July 7/off, 14, 21, 28; Aug 4, 11/review

Teacher Training | Semester 2a | Teaching Skills - Video Review

Septer	September 2025						
Sat	Sept 06	Teaching	10:30am-12pm	Video #1	Teach Intro to Yoga Class		
		Critique	12:30-3:30pm				
Sat	Sept 13	Teaching	10:30am-12pm	Video #2	Teach Intro to Yoga Class		
		Critique	12:30-3:30pm				
Sat	Sept 20	Teaching	10:30am-12pm	Video #3	Teach Intro to Yoga Class		
		Critique	12:30-3:30pm				
Sat	Sept 27	Teaching	10:30am-12pm	Video #4	Teach Intro to Yoga Class		
		Critique	12:30-3:30pm				

Teacher Training | Semester 2b | Teaching Skills - Thesis Workshop

October	October 2025						
Sat	Oct 04	Teaching	No Meeting	Off	Prep for Thesis		
Sat	Oct 11	Teaching	10:30am-12pm	Thesis #1	Teach Workshop		
Sat	Oct 18	Teaching	10:30am-12pm	Thesis #2	Teach Workshop		
Sat	Oct 25	Teaching	10:30am-12pm	Thesis #3	Teach Workshop		

November 2025						
Sat	Nov 01	Teaching	10:30am-12pm	Thesis #4	Teach Workshop	
Sat	Nov 08	Teaching	10:30am-12pm	Thesis #5	Teach Workshop	
Sat	Nov 15	Teaching	10:30am-12pm	Thesis #6	Teach Workshop	
Sat	Nov 22	Teaching	10:30am-12pm	Thesis #7	Teach Workshop	
Sat	Nov 29	Teaching	No Meeting	Off	Thanksgiving	

December 2025						
Sat	Dec 06	Teaching	10:30am-12pm	Thesis #8	Teach Workshop	
Sat	Dec 13	Satsang	10:30am-12pm	Ceremony	Closing Circle & Certification	

Om Shanti!

