

# Moksha Yoga | Teacher Training 2025

with Daren | 200 & 300 hr options

## Teacher Training | Semester 1a | Foundations Part 1

March 2025					
Sun	Mar 09	Practice	10:30am-12:15pm	Lesson 00	Orientation   <i>Register by March 8th</i>
		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		<i>*Note: Easter</i>
Sun	Apr 27	Practice	10:30am-12:15pm	Lesson 07	Closed Hip Standing Poses
		Training	1-5:15pm		
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		<i>*Note: Mother's Day</i>
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		<i>Memorial Day Weekend</i>

## Teacher Training | Semester 1b | Foundations Part 2

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		<i>*Note: Father's Day</i>
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 2025					
<i>Sun</i>	<i>July 06</i>	<i>Practice</i>	<i>No Meeting</i>	<i>Off</i>	<i>Camping &amp; Rafting Retreat in Wisconsin</i>
		<i>Training</i>	<i>No Meeting</i>	<i>Off</i>	
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 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		
<i>Sun</i>	<i>Aug 31</i>	<i>Practice</i>	<i>No Meeting</i>	<i>Off</i>	<i>Labor Day Weekend</i>
		<i>Training</i>	<i>No Meeting</i>	<i>Off</i>	

## 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

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 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!**



