

Table 1

2025	SAT	SUN	MON	TUE	WED	THU	FR	KEY	HOURS
JAN					1	2	2	Pranayama Teacher Training Level 1	60
	4	5	6	7	8	9	10	Saturdays: Live on Zoom 9:30am-12:30pm	30
	11	12	13	14	15	16	17	Monday: Recorded Video	10
	18	19	20	21	22	23	24	Thursdays: Live on Zoom 6:00-7:15am	10
	25	26	27	28	29	30	31	Study & Quizzes	10
FEB	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
MAR	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21	Yoga Asana Sangraha	60
	22	23	24	25	26	27	28	Saturdays: Live on Zoom 9:30am-12:30pm	30
	29	30	31					Monday: Recorded Video	9
APR				1	2	3	4	Thursdays: Live on Zoom 6:00-7:30am	9
	5	6	7	8	9	10	11	Study & Quizzes	12
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30				
MAY						1	2		
	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	31								
JUN		1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20	Pranayama Intensive	5
	21	22	23	24	25	26	27	Monday - Friday: 6-7 AM	5
	28	29	30						
JUL				1	2	3	4		
	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18	Pranayama Teacher Training Level 2	60
	19	20	21	22	23	24	25	Saturdays: Live on Zoom 9:30am-12:30pm	30
	26	27	28	29	30	31		Monday: Recorded Video	10
AUG							1	Thursdays: Live on Zoom 6:00-7:15am	10
	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31							
SEP			1	2	3	4	5		
	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30					
OCT					1	2	3		
	4	5	6	7	8	9	10	Yoga Education Teacher Training	100
	11	12	13	14	15	16	17	In person in India (Haridwar)	
	18	19	20	21	22	23	24	Sadhana Yoga Retreat	70
	25	26	27	28	29	30	31	In person in India (Uttarkashi)	
NOV	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14	Pranayama Teacher Training Level 3	50
	15	16	17	18	19	20	21	Saturdays: Live on Zoom 9:30am-12:30pm	15
	22	23	24	25	26	27	28	Monday - Wednesday: Recorded Video	15
	29	30						Thursdays: Live on Zoom 6:00-7:15am	6
DEC			1	2	3	4	5	Study & Quizzes	14
	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	31				