

Table 1

2025	SATURDAY	SUNDAY	MON	TUE	WED	THURSDAY	FRI	KEY (All times are Eastern Time USA) [C]=Compulsory [F]=Focus	HOURS Including Self Study
JAN					1	2	3	101 Introduction to Indian Philosophical Traditions [C]	25 hours
	4	5	6	7	8	9	10	Saturdays: On Zoom 9:45am-11:15am	6 x 1.5 = 9 hours
	11	12	13	14	15	16	17	Thursdays: On Zoom 6:00-7:00am	6 x 1 = 6 hours
	18	19	20	21	22	23	24	Tutors: Robert Moses, Eddie Stern, Harshvardhan Jhaveri & Guest lecturers	Self Study = 10 hours
	25	26	27	28	29	30	31		
FEB	1	2	3	4	5	6	7	102 Introduction to Sanskrit [F]	6 hours
	8	9	10	11	12	13	14	Saturdays: On Zoom 8:00am - 9:00am	6 x 1 = 6 hours
	15	16	17	18	19	20	21	Tutor: Harshvardhan Jhaveri	
	22	23	24	25	26	27	28	103 Yoga Sangraha: Level 1 [F]	25 hours
MAR	1	2	3	4	5	6	7	Saturdays: On Zoom 7:30am-9:30am	8 x 1.5 = 12 hours
	8	9	10	11	12	13	14	Thursdays: On Zoom 6:00-7:00am	8 x 1 = 8 hours
	15	16	17	18	19	20	21	Tutor: Eddie Stern	Self Study = 5 hours
	22	23	24	25	26	27	28	104 Philosophy of Asanas in Yoga Traditions [C with 3]	8 hours
	29	30	31					Sundays: On Zoom 7:45am-9:15am	5 x 1.5 = 7.5 hours
APR				1	2	3	4	Tutor: Harshvardhan Jhaveri	Self Study = .5 hours
	5	6	7	8	9	10	11	105 Introduction to Human Anatomy & Physiology [C]	8 hours
	12	13	14	15	16	17	18	Sundays: On Zoom 9:30am-11:30am	4 x 2 = 8 hours
	19	20	21	22	23	24	25	Tutor: Robert Moses	
	26	27	28	29	30			106 Pranayama TT: Level 1: Philosophy & Practice [F]	28 hours
MAY						1	2	Saturdays: On Zoom 9:45am-11:45am	9 x 2 = 18 hours
	3	4	5	6	7	8	9	Thursdays: On Zoom 6:00-7:00am	8 x 1 = 8 hours
	10	11	12	13	14	15	16	Tutor: Robert Moses	Self Study = 2 hours
	17	18	19	20	21	22	23	107 Introduction to Advaita Vedanta [C]	16 hours
	24	25	26	27	28	29	30	Saturdays: On Zoom 9:30am-11:30am	8 x 2 = 16 hours
	31							Tutors: Robert Moses, Harshvardhan Jhaveri	
JUN		1	2	3	4	5	6	108 Hathayogapradipika [F] [C with 3]	6 hours
	7	8	9	10	11	12	13	Saturdays: On Zoom 8:00am-9:00am	6 x 1 = 6 hours
	14	15	16	17	18	19	20	Tutor: Harshvardhan Jhaveri	
	21	22	23	24	25	26	27	109 Pranayama Intensive [F]	5 hours
	28	29	30					Monday - Friday: On Zoom 6:00am -7:00am	5 x 1 = 5 hours
JUL				1	2	3	4	Tutors: Robert Moses, Eddie Stern	
	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			
AUG							1		
	2	3	4	5	6	7	8	110 Pranayama TT: Level 2: Philosophy & Practice [F]	20 hours
	9	10	11	12	13	14	15	Saturdays: On Zoom 9:30am-11:30am	7 x 2 = 14 hours
	16	17	18	19	20	21	22	Thursdays: On Zoom 6:00-7:00am	6 x 1 = 6 hours
	23	24	25	26	27	28	29	Tutors: Robert Moses, Eddie Stern, Harshvardhan Jhaveri	
	30	31						111 Samkhya Karika & Yoga Sutras [C]	9 hours
SEP			1	2	3	4	5	Saturdays: On Zoom 8:00am-9:15am	7 x 1.25 = 8.75 hours
	6	7	8	9	10	11	12	Tutors: Eddie Stern & Harshvardhan Jhaveri	
	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	112 Yoga Education Teacher Training: Residential India [F]	100 hours
	11	12	13	14	15	16	17	Tutors: Robert & Meenakshi Moses, Eddie Stern, Harshvardhan Jhaveri	
	18	19	20	21	22	23	24	113 Sadhana Yoga Retreat: Residential India [F]	75 hours
	25	26	27	28	29	30	31	Tutors: Robert & Meenakshi Moses, Eddie Stern, Harshvardhan Jhaveri	
NOV	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14	114 Pranayama TT: Level 3: Philosophy & Practice [F]	18 hours
	15	16	17	18	19	20	21	Saturdays: On Zoom 9:30am-11:30am	6 x 2 = 12 hours
	22	23	24	25	26	27	28	Thursdays: On Zoom 6:00-7:15am	5 x 1.25 = 6.25 hours
	29	30						Tutors: Robert Moses, Eddie Stern, Harshvardhan Jhaveri	
DEC			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				