

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	NAMARUPA GANGA YATRA	21 days
	20	21	22	23	24	25	26	From Gangotri in the Himalayas to Ganga Sagar in the Bay of Bengal.	
	27	28	29	30				Learn more at www.namarupa.org	
OCT					1	2	3	Exact dates TBA	
	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24	112 Yoga Education Teacher Training: Residential India [F]	100 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	113 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				