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| MODULE 1: YOGA ANATOMY & PHYSIOLOGY (12) | MODULE 5: SUBTLE ENERGY SYSTEMS (8) |
| MODULE 2: TEACHING ASANA (72) | MODULE 6: ART OF SEQUENCING (8) |
| MODULE 3: PHILOSOPHY (24) | MODULE 7: AYURVEDA (8) |
| MODULE 4: PRANAYAMA & MEDITATION (16) | Orientation |

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| SEPTEMBER | | | |
| TUESDAY | SEPT 19th | 6-10pm | WELCOME Yoga Class - Maureen |
| TUESDAY | SEPT 26th | 6-10pm | What is Yoga? Yoga Class - Monica |
| OCTOBER | | | |
| SUNDAY | OCT 1st | 8-4PM | ANATOMY Yoga Class - Ashtanga |
| TUESDAY | OCT 3rd | 6-10pm | TEACHING ASANA & Patanjali's 8 limbs |
| TUESDAY | OCT 10th | 6-10pm | TEACHING ASANA & Patanjali's 8 limbs |
| SUNDAY | OCT 15th | 8-12 PM 12:30-4PM | YAMA'S & NIYAMAS ALIGNMENT PRINCIPLES Yoga Class - Bikram |
| TUESDAY | OCT 17th | 6-10pm | ASANA |
| TUESDAY | OCT 24th | 6-10pm | ASANA |
| SUNDAY | Oct 29th | 8-4PM | PRANAYAMA Yoga Class - Power |
| NOVEMBER | | | |
| TUESDAY | NOV 7th | 6-10pm | ASANA |
| SUNDAY | NOV 12TH | 8-4PM | MEDITATION Yoga Class - Sivananda |
| TUESDAY | NOV 14TH | 6-10PM | ASANA |
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| TUESDAY | NOV 21st | 6-10PM | ASANA |
| TUESDAY | NOV 28th | 6-10pm | ASANA |
| DECEMBER | | | |
| SUNDAY | DEC 3rd | 8-4PM | AYURVEDA : THE SISTER SCIENCE |
| | | | Yoga Class - Kundalini |
| TUESDAY | DEC 5th | 6-10pm | ASANA |
| TUESDAY | DEC 12th | 6-10pm | ASANA |
| TUESDAY | DEC 19th | 6-10pm | ASANA |
| JANUARY | | | |
| TUESDAY | JAN 2nd | 6-10pm | ASANA |
| SUNDAY | JAN 7th | 8-4PM | ART OF SEQUENCING 1 |
| | | | Yoga Class -Yin |
| TUESDAY | JAN 9th | 6-10pm | ASANA |
| TUESDAY | JAN 16th | 6-10pm | ASANA |
| SUNDAY | JAN 21st | 8-4PM | ART OF ASSISTING |
| | | | Yoga Class - Restorative |
| TUESDAY | JAN 23th | 6-10pm | ASANA |
| TUESDAY | JAN 30th | 6-10pm | ASANA |
| FEBRUARY | | | |
| SUNDAY | FEB 4th | 8-4PM | SUBTLE ENERGY |
| | | | Yoga Class - e84 |
| TUESDAY | FEB 6th | 6-10pm | ASANA |
| SUNDAY | FEB 11th | 8-4PM | ADJUSTMENTS AND ASSISTS |
| | | | Yoga Class - 84 Asana |
| TUESDAY | FEB 20th | 6-10pm | PRACTICUM |
| TUESDAY | FEB 27th | 6-10pm | PRACTICUM |
| MARCH | | | |

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| SUNDAY | MARCH 3rd | 8-4PM | MANTRA , SWADHARMA & ART OF LIVING YOUR YOGA |
| | | | Yoga Class - students |
| MARCH 4th-15th | | DUE MARCH 15TH | WRITTEN EXAM |
| MARCH 4th - APRIL 27th | | VIEW CHECKLIST | COMPLETE ASSIGNMENTS |
| MARCH 4th - APRIL 27th | | STUDENTS SHOULD STRIVE TO | FINISH OBSERVATIONS |
| MARCH 4th - APRIL 27th | | STUDENTS SHOULD STRIVE TO | FINISH PRACTICUM |
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| SUNDAY | APRIL 28th | GRADUATION | WRAP party!! |