

The Lotus Pond Center For Yoga & Health

200 Hour Yoga Teacher Training Schedule



Thursdays 7:00-9:00p / Saturdays 12:00-7:30p / Sundays 11:00a-7:30p

July

Sat 7/9, Sun 7/10, Thurs 7/14,
Thurs 7/21, Sat 7/23, Sun 7/24 &
Thurs 7/28

August

Thurs 8/4, Thurs 8/11, Sat 8/13,
Sun 8/14, Thurs 8/18, Thurs
8/25, Sat 8/27 & Sun 8/28

September

Thurs 9/1, Thurs 9/8, Sat 9/10,
Sun 9/11, Thurs 9/15, Thurs
9/22, Sat 9/24 & Thurs 9/29

October

Thurs 10/6, Sat 10/8, Sun 10/9,
Thurs 10/13, Thurs 10/20, Sat
10/22 & Thurs 10/27

November

Thurs 11/3, Thurs 11/10, Sat
11/12, Sun 11/13 & Thurs 11/17
(no session on Thurs 11/24)

December

Thurs 12/1, Sat 12/3, Thurs 12/8
Sat 12/10 & Sun, 12/11

To schedule a free Info Session see the front desk or call 813-961-3160.
Bonus: Receive a Free Yoga Class after attending an Info Session

www.lotuspondyoga.com