

The Lotus Pond Center For Yoga and Health

200 Hour Yoga Teacher Training Schedule

Saturday, July 8, 2023 - Sunday, Dec 10, 2023

Thursdays 7:00p-9:00pm
Select Weekends (Sat/Sun) 10:00am-6:00pm

July

Weekends: July 8-9, & July 22-23

Thursdays: July 13, 20, 27

August

Weekends: August 12-13 & August 26-27

Thursdays: August 3, 10, 17, 24, & 31

September

Weekends: September 9-10 & September 23-24

Thursdays: September 7, 14, 21, & 28

October

Weekends: October 7-8 & October 21-22

Thursdays: October 5, 12, 19 & 26

November

Weekends: November 4-5 and November 18-19

Thursdays: November 2, 9, 16, 30*

(No session on Thanksgiving 11/23)

December

Weekends: December 9-10

Thursdays: December 7

*If you miss a session, you'll need to make up the credits through a Yoga Alliance accredited workshop at Lotus Pond in order to become certified as a 200 Hour Yoga Teacher.
Make up credits may incur additional fees outside of the standard tuition.*