



**HIMALAYAN
INSTITUTE®**

**200-Hour Yoga Teacher Certification Program
Sample Schedule for Segments 1&2**

with **Himalayan Institute Faculty**

April 16 - May 18 and July 23 - August 24, 2024

All times are Eastern Time

SCHEDULE IS SUBJECT TO CHANGE

Monday

10:00 a.m.–12:30 p.m. **Program Session**

2:00–4:00 p.m. **Program Session**

Tuesday **No Sessions**

Wednesday

10:00 a.m.–12:30 p.m. **Program Session**

2:00–4:00 p.m. **Program Session**

Thursday

10:00 a.m.–12:30 p.m. **Program Session**

2:00–4:00 p.m. **Program Session**

Friday **No Sessions**

Saturday

10:00 a.m.–12:30 p.m. **Program Session**

2:00–4:00 p.m. **Program Session**

Sunday

10:00 a.m.–12:30 p.m. **Program Session**

2:00–4:00 p.m. **Program Session**