



**HIMALAYAN  
INSTITUTE®**

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

with **Himalayan Institute Faculty**

April 17th-May17th, and July 31st-August 30th, 2023

All times are Eastern Time

**SCHEDULE IS SUBJECT TO CHANGE**

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**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**