



**HIMALAYAN
INSTITUTE®**

200-Hour Yoga Teacher Certification Program

with **Himalayan Institute Faculty**

Sample Schedule (subject to change)

Segment 1: April 15-May 17, 2025

Segment 2: July 22 - Aug 23, 2025

All times are Eastern Time

Monday	On-demand session viewing *
Tuesday 7:00–9:00 p.m.	Live Program Session
Wednesday	On-demand session viewing *
Thursday 7:00–9:00 p.m.	Live Program Session
Friday	On-demand session viewing *
Saturday 9:00 a.m.–12:00 p.m.	Live Program Session
2:00–5:00 p.m.	Live Program Session
Sunday	On-demand session viewing *

* The On-demand session viewing times are placeholders. Depending on your pace in viewing the on-demand sessions at home, you may not need to view sessions each day of the week.