

200 Hour YTT 2023-2024

Monday Teaching Schedule at Satori Yoga Studio, Rising Sun MD

Class	Dates	Class Time
"The Journey Within" In-Person Kick Off	7-Oct	9:00 a.m. - 5:00 p.m. Selection for the Kick-Off is made after enrollment into the YTT.
OR		
"The Journey Within" Online Kick Off	Prior to the first day of class	At your own pace
1	9-Oct	Mondays 9:30 am - 2:30 pm
2	16-Oct	Mondays 9:30 am - 2:30 pm
3	23-Oct	Mondays 9:30 am - 2:30 pm
4	30-Oct	Mondays 9:30 am - 2:30 pm
5	6-Nov	Mondays 9:30 am - 2:30 pm
6	13-Nov	Mondays 9:30 am - 2:30 pm
OFF	20-Nov	Thanksgiving Break
7	27-Nov	Mondays 9:30 am - 2:30 pm
8	4-Dec	Mondays 9:30 am - 2:30 pm
9	11-Dec	Mondays 9:30 am - 2:30 pm
10	18-Dec	Mondays 9:30 am - 2:30 pm
OFF	25-Dec	Christmas Break
OFF	1-Jan	Christmas Break
11	8-Jan	Mondays 9:30 am - 2:30 pm
12	15-Jan	Mondays 9:30 am - 2:30 pm
13	22-Jan	Mondays 9:30 am - 2:30 pm
14	29-Jan	Mondays 9:30 am - 2:30 pm
15	5-Feb	Mondays 9:30 am - 2:30 pm
16	12-Feb	Mondays 9:30 am - 2:30 pm
17	19-Feb	Mondays 9:30 am - 2:30 pm
18	26-Feb	Mondays 9:30 am - 2:30 pm
19	4-Mar	Mondays 9:30 am - 2:30 pm
20	11-Mar	Mondays 9:30 am - 2:30 pm
21	18-Mar	Mondays 9:30 am - 2:30 pm
OFF	25-Mar	Easter Break
OFF	1-Apr	Easter Break
22	8-Apr	Mondays 9:30 am - 2:30 pm
23	15-Apr	Mondays 9:30 am - 2:30 pm
24	22-Apr	Mondays 9:30 am - 2:30 pm
25	29-Apr	Mondays 9:30 am - 2:30 pm
26	6-May	Mondays 9:30 am - 2:30 pm
Fire Ceremony	10-May	Friday 5:30 - 8:30 pm, 111 S. Spring Valley Road, Greenville, DE 19807 (4:00 - 7:00 pm)

200 Hour YTT 2023-2024

Tuesday Teaching Schedule at Peace Dog Yoga, Wilmington, DE

Class	Dates	Class Time
"The Journey Within" In-Person Kick Off	7-Oct	9:00 a.m. - 5:00 p.m.
OR		Selection for the Kick-Off is made after enrollment into the YTT.
"The Journey Within" Online Kick Off	Prior to the first day of class	At your own pace
1	10-Oct	Tuesday 5:30- 10:30 pm
2	17-Oct	Tuesday 5:30- 10:30 pm
3	24-Oct	Tuesday 5:30- 10:30 pm
4	31-Oct	Tuesday 5:30- 10:30 pm
5	7-Nov	Tuesday 5:30- 10:30 pm
6	14-Nov	Tuesday 5:30- 10:30 pm
OFF	21-Nov	Thanksgiving
7	28-Nov	Tuesday 5:30- 10:30 pm
8	5-Dec	Tuesday 5:30- 10:30 pm
9	12-Dec	Tuesday 5:30- 10:30 pm
OFF	19-Dec	Off
OFF	26-Dec	Off
10	2-Jan	Tuesday 5:30- 10:30 pm
11	9-Jan	Tuesday 5:30- 10:30 pm
12	16-Jan	Tuesday 5:30- 10:30 pm
13	23-Jan	Tuesday 5:30- 10:30 pm
14	30-Jan	Tuesday 5:30- 10:30 pm
15	6-Feb	Tuesday 5:30- 10:30 pm
16	13-Feb	Tuesday 5:30- 10:30 pm
17	20-Feb	Tuesday 5:30- 10:30 pm
18	27-Feb	Tuesday 5:30- 10:30 pm
19	5-Mar	Tuesday 5:30- 10:30 pm
20	12-Mar	Tuesday 5:30- 10:30 pm
21	19-Mar	Tuesday 5:30- 10:30 pm
OFF	26-Mar	Easter
OFF	2-Apr	Easter
22	9-Apr	Tuesday 5:30- 10:30 pm
23	16-Apr	Tuesday 5:30- 10:30 pm
24	23-Apr	Tuesday 5:30- 10:30 pm
25	30-Apr	Tuesday 5:30- 10:30 pm
26	7-May	Tuesday 5:30- 10:30 pm
Fire Ceremony	10-May	Friday 5:30 - 8:30 pm 111 S. Spring Valley Road, Greenville, DE 19807 (4:00 - 7:00 pm)

200 Hour YTT 2023-2024

Wednesday Teaching Schedule at Shavasana hOMe, Kennett Square, PA

a	Dates	Class Time
"The Journey Within" In-Person Kick Off	7-Oct	9:00 a.m. - 5:00 p.m.
OR		Selection for the Kick-Off is made after enrollment into the YTT.
"The Journey Within" Online Kick Off	Prior to the first day of class	At your own pace
1	11-Oct	Wednesday YTT: 9:00 am - 2:00 pm
2	18-Oct	Wednesday YTT: 9:00 am - 2:00 pm
3	25-Oct	Wednesday YTT: 9:00 am - 2:00 pm
4	1-Nov	Wednesday YTT: 9:00 am - 2:00 pm
5	8-Nov	Wednesday YTT: 9:00 am - 2:00 pm
6	15-Nov	Wednesday YTT: 9:00 am - 2:00 pm
OFF	22-Nov	Thanksgiving Break
7	29-Nov	Wednesday YTT: 9:00 am - 2:00 pm
8	6-Dec	Wednesday YTT: 9:00 am - 2:00 pm
9	13-Dec	Wednesday YTT: 9:00 am - 2:00 pm
OFF	20-Dec	Christmas Break
OFF	27-Dec	Christmas Break
10	3-Jan	Wednesday YTT: 9:00 am - 2:00 pm
11	10-Jan	Wednesday YTT: 9:00 am - 2:00 pm
12	17-Jan	Wednesday YTT: 9:00 am - 2:00 pm
13	24-Jan	Wednesday YTT: 9:00 am - 2:00 pm
14	31-Jan	Wednesday YTT: 9:00 am - 2:00 pm
15	7-Feb	Wednesday YTT: 9:00 am - 2:00 pm
16	14-Feb	Wednesday YTT: 9:00 am - 2:00 pm
17	21-Feb	Wednesday YTT: 9:00 am - 2:00 pm
18	28-Feb	Wednesday YTT: 9:00 am - 2:00 pm
19	6-Mar	Wednesday YTT: 9:00 am - 2:00 pm
20	13-Mar	Wednesday YTT: 9:00 am - 2:00 pm
21	20-Mar	Wednesday YTT: 9:00 am - 2:00 pm
OFF	27-Mar	Easter Break
OFF	3-Apr	Easter Break
22	10-Apr	Wednesday YTT: 9:00 am - 2:00 pm
23	17-Apr	Wednesday YTT: 9:00 am - 2:00 pm
24	24-Apr	Wednesday YTT: 9:00 am - 2:00 pm
25	1-May	Wednesday YTT: 9:00 am - 2:00 pm
26	8-May	Wednesday YTT: 9:00 am - 2:00 pm
	Friday 5:30 - 8:30 pm	111 S.
Fire Ceremony	10-May	Spring Valley Road, Greenville, DE 19807 (4:00 - 7:00 pm)

200 Hour YTT 2023-2024

Thursday Teaching Schedule at House of Yoga, Newark, DE

Class	Dates	Class Time
"The Journey Within" In-Person Kick Off	7-Oct	9:00 a.m. - 5:00 p.m.
OR		Selection for the Kick-Off is made after enrollment into the YTT.
"The Journey Within" Online Kick Off	Prior to the first day of class	At your own pace
1	12-Oct	Thursday 5:30 - 10:30 pm
2	19-Oct	Thursday 5:30 - 10:30 pm
3	26-Oct	Thursday 5:30 - 10:30 pm
4	2-Nov	Thursday 5:30 - 10:30 pm
5	9-Nov	Thursday 5:30 - 10:30 pm
6	16-Nov	Thursday 5:30 - 10:30 pm
OFF	23-Nov	Thanksgiving Break
7	30-Nov	Thursday 5:30 - 10:30 pm
8	7-Dec	Thursday 5:30 - 10:30 pm
9	14-Dec	Thursday 5:30 - 10:30 pm
OFF	21-Dec	Christmas Break
OFF	28-Dec	Christmas Break
10	4-Jan	Thursday 5:30 - 10:30 pm
11	11-Jan	Thursday 5:30 - 10:30 pm
12	18-Jan	Thursday 5:30 - 10:30 pm
13	25-Jan	Thursday 5:30 - 10:30 pm
14	1-Feb	Thursday 5:30 - 10:30 pm
15	8-Feb	Thursday 5:30 - 10:30 pm
16	15-Feb	Thursday 5:30 - 10:30 pm
17	22-Feb	Thursday 5:30 - 10:30 pm
18	29-Feb	Thursday 5:30 - 10:30 pm
19	7-Mar	Thursday 5:30 - 10:30 pm
20	14-Mar	Thursday 5:30 - 10:30 pm
21	21-Mar	Thursday 5:30 - 10:30 pm
OFF	28-Mar	Easter Break
OFF	4-Apr	Easter Break
22	11-Apr	Thursday 5:30 - 10:30 pm
23	18-Apr	Thursday 5:30 - 10:30 pm
24	25-Apr	Thursday 5:30 - 10:30 pm
25	2-May	Thursday 5:30 - 10:30 pm
26	9-May	Thursday 5:30 - 10:30 pm
		Friday 5:30 - 8:30 pm
Fire Ceremony	10-May	Spring Valley Road, Greenville, DE 19807 (4:00 - 7:00 pm)

200 Hour YTT 2023-2024

Saturday Teaching Schedule at Tula Yoga, Dover, DE

Class	Dates	Class Time
"The Journey Within" In-Person Kick Off	7-Oct	9:00 a.m. - 5:00 p.m.
OR		Selection for the Kick-Off is made after enrollment into the YTT.
"The Journey Within" Online Kick Off	Prior to the first day of class	At your own pace
1 & 2	21-Oct	Saturday YTT: 9 am - 6 pm
3 & 4	4-Nov	Saturday YTT: 9 am - 6 pm
5 & 6	18-Nov	Saturday YTT: 9 am - 6 pm
7 & 8	2-Dec	Saturday YTT: 9 am - 6 pm
9 & 10	16-Dec	Saturday YTT: 9 am - 6 pm
OFF		Christmas
11 & 12	6-Jan	Saturday YTT: 9 am - 6 pm
13 & 14	20-Jan	Saturday YTT: 9 am - 6 pm
15 & 16	3-Feb	Saturday YTT: 9 am - 6 pm
17 & 18	17-Feb	Saturday YTT: 9 am - 6 pm
19 & 20	2-Mar	Saturday YTT: 9 am - 6 pm
21 & 22	16-Mar	Saturday YTT: 9 am - 6 pm
23 & 24	30-Mar	Saturday YTT: 9 am - 6 pm
25 & 26	13-Apr	Saturday YTT: 9 am - 6 pm
		Saturday 4:00 - 7:00 pm
Fire Ceremony	10-May	111 S. Spring Valley Road, Greenville, DE 19807 (4:00 - 7:00 pm)

Weekend Teaching Schedule

Class	Dates	Class Time
"The Journey Within" In-Person Kick Off	7-Oct	9:00 a.m. - 5:00 p.m.
OR		Selection for the Kick-Off is made after enrollment into the YTT.
"The Journey Within" Online Kick Off	Prior to the first day of class	At your own pace
1	20-Oct	Friday 5:30 - 8:30 pm
2 & 3	21-Oct	Saturday 9 am - 5 pm
4	22-Oct	Sunday 8:30 am - 2:30 pm
5	17-Nov	Friday 5:30 - 8:30 pm
6 & 7	18-Nov	Saturday 9 am - 5 pm
8	19-Nov	Sunday 8:30 am - 2:30 pm
9	15-Dec	Friday 5:30 - 8:30 pm
10 & 11	16-Dec	Saturday 9 am - 5 pm
12	17-Dec	Sunday 8:30 am - 2:30 pm
13	19-Jan	Friday 5:30 - 8:30 pm
14 & 15	20-Jan	Saturday 9 am - 5 pm
16	21-Jan	Sunday 8:30 am - 2:30 pm
17	23-Feb	Friday 5:30 - 8:30 pm
18 & 19	24-Feb	Saturday 9 am - 5 pm
20	25-Feb	Sunday 8:30 am - 2:30 pm
21	22-Mar	Friday 5:30 - 8:30 pm
22 & 23	23-Mar	Saturday 9 am - 5 pm
24	24-Mar	Sunday 8:30 am - 2:30 pm
25 & 26	6-Apr	Saturday 9 am - 5 pm
Fire Ceremony	10-May	Friday 5:30 - 8:30 pm 111 S. Spring Valley Road, Greenville, DE 19807 (4:00 - 7:00 pm)

200 Hour YTT 2022-2023

Sundays Immersion Sample

Class	Dates	Class Time
"The Journey Within" Online Kick Off	Prior to the first day of class	At your own pace
1 & 2	14-Jan	Saturday 9:00 am - 5:00 pm
3 & 4	15-Jan	Sunday 9:00 am - 5:00 pm
5	22-Jan	Sunday 12:00 - 5:00 pm
6	29-Jan	Sunday 12:00 - 5:00 pm
7	5-Feb	Sunday 12:00 - 5:00 pm
8	12-Feb	Sunday 12:00 - 5:00 pm
9	19-Feb	Sunday 12:00 - 5:00 pm
10	26-Feb	Sunday 12:00 - 5:00 pm
11	5-Mar	Sunday 12:00 - 5:00 pm
12	12-Mar	Sunday 12:00 - 5:00 pm
13 & 14	19-Mar	Sunday 9:00 am - 5:00 pm
15	26-Mar	Sunday 9:00 am - 5:00 pm
16	2-Apr	Sunday 12:00 - 5:00 pm
OFF	9-Apr	EASTER BREAK
17	16-Apr	Sunday 12:00 - 5:00 pm
18	23-Apr	Sunday 12:00 - 5:00 pm
19	30-Apr	Sunday 12:00 - 5:00 pm
20	7-May	Sunday 12:00 - 5:00 pm
OFF	14-May	MOTHER'S DAY
21 & 22	21-May	Sunday 9:00 am - 5:00 pm
OFF	28-May	MEMORIAL DAY
23	4-Jun	Sunday 12:00 - 5:00 pm
24	11-Jun	Sunday 12:00 - 5:00 pm
25 & 26	17-Jun	Saturday 9:00 am - 5:00 pm