



**HIMALAYAN
INSTITUTE®**

200-Hour Yoga Teacher Certification Program

with **Himalayan Institute Faculty**

September-December, 2021

All times are Eastern Time

Tuesday, September 7

7:00–9:00 p.m. **Yoga Sutra with Greg Capitulo**

Friday, September 10

5:30–6:45 p.m. **Asana and Meditation Class with Ransom Hare**

6:45–8:30 p.m. **Breathing, Relaxation and Meditation with Ransom Hare**

Saturday, September 11

9:00–10:15 a.m. **Asana and Meditation Class with Judy Moulton**

10:15 a.m.–1:00 p.m. **Forward Bends with Judy Moulton**

1:00–2:00 p.m. **Lunch**

2:00–3:00 p.m. **Sanskrit Practice with Shiva Tigunait**

3:30–6:00 p.m. **Restorative Inversions with Judy Moulton**

Sunday, September 12

9:00–10:15 a.m. **Asana and Meditation Class with Sandy Anderson**

10:15 a.m.–1:00 p.m. **Subtle Body Anatomy with Sandy Anderson**

Tuesday, September 14

7:00–9:00 p.m. **Yoga Philosophy Q&A with Greg Capitulo**



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March 26-December 5, 2021

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Tuesday, September 28

7:00–9:00 p.m. **Satsang with Ishan Tigunait**

Tuesday, October 5

7:00–9:00 p.m. **The Ethics of Teaching Yoga with Judy Moulton**

Friday, October 8

5:30–6:45 p.m. **Asana and Meditation Class with Judy Moulton**

6:45–8:30 p.m. **Sequencing and Teaching Methods with Judy Moulton**

Saturday, October 9

9:00–10:15 a.m. **Asana and Meditation Class with Judy Moulton**

10:15 a.m.–1:00 p.m. **Sun Salutations with Judy Moulton**

1:00–2:00 p.m. **Lunch**

2:00–3:00 p.m. **Sanskrit Practice with Shiva Tigunait**

3:30–6:00 p.m. **Bonus Postures with Judy Moulton**

Sunday, October 10

9:00–10:15 a.m. **Asana and Meditation Class with Judy Moulton**

10:15 a.m.–1:00 p.m. **Class Closing Sequences with Judy Moulton**



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Tuesday, October 12

7:00–9:00 p.m. **Sequencing and Teaching Methods with Judy Moulton**

Tuesday, October 26

7:00–9:00 p.m. **Sequencing and Teaching Methods with Judy Moulton**

Tuesday, November 2

7:00–9:00 p.m. **Breathing, Relaxation and Meditation with Ransom Hare**

Friday, November 5

5:30–6:45 p.m. **Asana and Meditation Class with Judy Moulton**

6:45–8:30 p.m. **Sequencing and Teaching Methods with Judy Moulton**

Saturday, November 6

9:00–10:15 a.m. **Asana and Meditation Class with Judy Moulton**

10:15 a.m.-1:00 p.m. **Introduction to Ayurveda with Judy Moulton**

1:00–2:00 p.m. **Lunch**

2:00–3:00 p.m. **Sanskrit Practice with Shiva Tigunait**

3:30–6:00 p.m. **Practical Ayurveda in Everyday Life with Judy Moulton**

Sunday, November 7

9:00–10:15 a.m. **Asana and Meditation Class with Judy Moulton**



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10:15 a.m.-1:00 p.m. **Ayurvedic Digestion and Nutrition with Judy Moulton**

Tuesday, November 9

7:00-9:00 p.m. **TBD**

Tuesday, November 16

7:00-9:00 p.m. **Sequencing and Teaching Methods with Judy Moulton**

Friday, December 3

5:30-6:45 p.m. **Asana and Meditation Class with Ransom Hare**

6:45-8:30 p.m. **Breathing, Relaxation and Meditation with Ransom Hare**

Saturday, December 4

9:00-10:15 a.m. **Asana and Meditation Class with Greg Capitolo**

10:15 a.m.-1:00 p.m. **Sequencing and Teaching Methods with Judy Moulton**

1:00-2:00 p.m. **Lunch**

2:00-6:00 p.m. **Developing a Plan for Personal Practice and Teaching
with Judy Moulton**

Sunday, December 5

9:00-10:15 a.m. **Asana and Meditation Class with Judy Moulton**

10:15 a.m.-1:00 p.m. **Program Integration and Closing with Judy Moulton**