

## Pranaverdana 200 Hour Yoga Teacher Training Dates 2019 -2020

Friday, September 20- Sunday, September 22  
Monday, September 23 (Fall Equinox)

Friday, October 11 - Sunday, October 13

Friday, October 25 - Sunday, October 27  
Monday, October 28

Friday, November 8 - Sunday, November 10

Friday, November 22 - Sunday, November 24

Friday, December 13 - Sunday, December 15  
Monday, December 16

Friday, January 3 - Sunday, January 5

Friday, January 24 - Sunday, January 26  
Monday, January 27

Friday, February 14 - Sunday, February 16  
Monday, February 17

Friday, March 6 - Sunday, March 8

### Hours:

Friday nights 6:00pm-9:00pm

Saturdays 9:00am - 6:00pm

Sundays 9:00am - 5:00pm

Mondays 6:00pm - 8:30pm

(hours may shift slightly)

One Aquarian Sadhana - early morning practice 5:00am - 8:00am  
in October or November