



THE MOVEMENT CENTER – The Power of Spirit through the Practice of Yoga
200-Hour Hatha Yoga Teacher Training: October 8, 2009 – May 30, 2010

OCTOBER 2009						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
	13	14	15	16	17	18
8:30A-12:15P	20	21	22	23	24	25
19	26	27	28	29	30	31
		6:00-8:00P				
		6:00-8:00P				

NOVEMBER 2009						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	6:00-8:00P	12	13	14	15
	16	6:00-8:00P	18	19	20	21
		6:00-8:00P	25	26	27	28
23/30	24				8:30A-5:15P	9:30A-4:45P
						29

DECEMBER 2009						
M	T	W	T	F	S	S
			3	4	5	6
		6:00-8:00P				
7	8	9	10	11	12	13
	15	6:00-8:00P	17	18	19	20
14	22	6:00-8:00P	24	25	26	27
21	28		31			
28						

JANUARY 2010						
M	T	W	T	F	S	S
						3
				1	2	
	4	6	7	8	9	10
		6:00-8:00P				
	11	13	14	15	16	17
				1:00-5:15P	8:30A-5:15P	9:30A-5:15P
8:30A-12:45P	18	20	21	22	23	24
	25	6:00-8:00P	28	29	30	31
		6:00-8:00P				

FEBRUARY 2010						
M	T	W	T	F	S	S
			4	5	6	7
		6:00-8:00P				
8	9	10	11	12	13	14
	16	6:00-8:00P	18	19	20	21
					8:30A-5:00P	9:30A-4:00P
22	23	24	25	26	27	28
		6:00-8:00P				

MARCH 2010						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
		6:00-8:00P				
8	9	10	11	12	13	14
	15	17	18	19	20	21
		6:00-8:00P			8:30A-4:45P	9:30A-5:45P
22	23	24	25	26	27	28
29	30	31				
		6:00-8:00P				

APRIL 2010						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
	13	6:00-8:00P	15	16	17	18
		6:00-8:00P				
19	20	21	22	23	24	25
		6:00-8:00P				
26	27	28	29	30		
		6:00-8:00P				

MAY 2010						
M	T	W	T	F	S	S
					1	2
					8:30A-4:00P	9:30A-12:30P
	3	4	5	6	7	8
						9
	10	11	12	13	14	15
						16
	17	18	19	20	21	22
						23
24/31	25	26	27	28	29	30
				8:30A-5:45P	8:30A-5:45P	9:30A-4:00P