



# 2024 YOGA TEACHER TRAINING

HYBRID: LIVE ONLINE & IN PERSON at Soderworld Wellness Center Willowbrook, IL

<b>MARCH</b>	Friday	3/15	Karla A. Cain <b>Introduction, Binder Review, Intentions</b>	ONLINE	6 pm – 9 pm	3
	Saturday	3/16	Karla A. Cain	ONLINE	10 am – 6 pm	8
	Sunday	3/17	Karla A. Cain	ONLINE	10 am – 6 pm	8
	Thursday	3/21	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Thursday	3/28	Karla A. Cain	ONLINE	6 pm – 9 pm	3
<b>APRIL</b>	Thursday	4/4	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Thursday	4/11	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Friday	4/12	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Saturday	4/13	Karla A. Cain	ONLINE	10 am – 6 pm	8
	Sunday	4/14	Karla A. Cain	ONLINE	10 am – 6 pm	8
	Thursday	4/18	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Thursday	4/25	Karla A. Cain	ONLINE	6 pm – 9 pm	3
<b>MAY</b>	Thursday	5/2	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Thursday	5/9	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Friday	5/10	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Saturday	5/11	Karla A. Cain	ONLINE	10 am – 6 pm	8
	Sunday	5/12	Karla A. Cain	ONLINE	10 am – 6 pm	8
<b>JUNE - ON BREAK</b>						
<b>JULY</b>	Thursday	7/11	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Thursday	7/18	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Friday	7/19	Karla A. Cain	ONLINE	6 pm – 9 pm	3
	Saturday	7/20	Karla A. Cain	ONLINE	10 am – 6 pm	8
	Sunday	7/21	Karla A. Cain	ONLINE	10 am – 6 pm	8
	Thursday	7/25	Karla A. Cain	ONLINE	6 pm – 9 pm	3
<b>AUGUST</b>	Thursday	8/8	<b>Karla A. Cain</b> <b>1st In Person Gathering Social &amp; Fire Ceremony</b>	IN PERSON	6 pm – 9 pm	3
	Friday	8/9	<b>Misty Soderholm</b> <b>LOOPS &amp; SPIRALS</b>	IN PERSON	6 pm – 9 pm	3
	Saturday	8/10	<b>Misty Soderholm</b> <b>LOOPS &amp; SPIRALS</b>	IN PERSON	10 am – 6 pm	8
	Sunday	8/11	Karla A. Cain	IN PERSON	10 am – 6 pm	8
	Wednesday	8/21	Karla A. Cain	IN PERSON	6 pm – 9 pm	3
	Thursday	8/22	Karla A. Cain	IN PERSON	6 pm – 9 pm	3
	Friday	8/23	<b>Treya Jaholkowska</b> <b>MANTRA</b>	IN PERSON	<b>5 pm – 9 pm</b>	4
	Saturday	8/24	<b>Karla A. Cain</b> <b>HINDU TEMPLE OF GREATER CHICAGO</b>	IN PERSON	<b>8 am - 4 pm</b>	8
Sunday	8/25	<b>Shannon Chada</b> <b>ESSENTIAL VIBRATIONS</b>	IN PERSON	10 am – 6 pm	8	
<b>SEPTEMBER</b>	Wednesday	9/11	Karla A. Cain - Practicum	IN PERSON	6 pm – 9 pm	3
	Thursday	9/12	Karla A. Cain - Practicum	IN PERSON	6 pm – 9 pm	3
	Friday	9/13	<b>Treya Jaholkowska</b> <b>MANTRA</b>	IN PERSON	<b>5 pm – 9 pm</b>	4
	Saturday	9/14	Karla A. Cain - Practicum	IN PERSON	10 am – 6 pm	8
	Sunday	9/15	Karla A. Cain - Practicum	IN PERSON	10 am – 6 pm	8
	Wednesday	9/18	Karla A. Cain - Practicum	IN PERSON	5 pm – 9 pm	3
	Thursday	9/19	Karla A. Cain - Practicum	IN PERSON	6 pm – 9 pm	3
	Friday	9/20	<b>Community Yoga</b>	IN PERSON	6 pm – 9 pm	3
<b>EQUINOX</b>	Saturday	9/21	<b>Community Yoga</b> <b>GRADUATION / EQUINOX FIRE CEREMONY</b>	IN PERSON	10 am – 6 pm	8