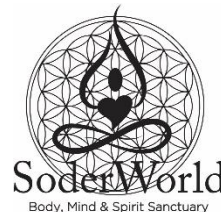




2026

# SATTVIC SAGE AYURVEDA & YOGA YOGA TEACHER TRAINING

March 20 – September 20, 2026



**HYBRID: LIVE ONLINE & IN-PERSON AT SODERWORLD WELLNESS CENTER WILLOWBROOK, IL**

MARCH				
3/20	Fri	5:30 pm – 9 pm	Introductions, Intentions, Course & Binder Review	Live ONLINE
3/21	Sat	1 pm – 6 pm		Live ONLINE
3/22	Sun	1 pm – 6 pm		Live ONLINE
3/27	Fri	5:30 pm – 9 pm		Live ONLINE
3/28	Sat	1 pm – 6 pm		Live ONLINE
3/29	Sun	1 pm – 6 pm		Live ONLINE
APRIL				
4/10	Fri	5:30 pm – 9 pm		Live ONLINE
4/11	Sat	1 pm – 6 pm		Live ONLINE
4/12	Sun	1 pm – 6 pm		Live ONLINE
4/24	Fri	5:30 pm – 9 pm		Live ONLINE
4/25	Sat	1 pm – 6 pm		Live ONLINE
4/26	Sun	1 pm – 6 pm		Live ONLINE
MAY				
5/15	Fri	5:30 pm – 9 pm		Live ONLINE
5/16	Sat	1 pm – 6 pm		Live ONLINE
5/17	Sun	1 pm – 6 pm		Live ONLINE
5/29	Fri	5:30 pm – 9 pm		Live ONLINE
5/30	Sat	1 pm – 6 pm		Live ONLINE
5/31	Sun	1 pm – 6 pm		Live ONLINE
JUNE				
6/12	Fri	5:30 pm – 9 pm		Live ONLINE
6/13	Sat	1 pm – 6 pm		Live ONLINE
6/14	Sun	1 pm – 6 pm		Live ONLINE
6/26	Fri	5:30 pm – 9 pm		Live ONLINE
6/27	Sat	1 pm – 6 pm		Live ONLINE
6/28	Sun	1 pm – 6 pm		Live ONLINE
JULY BREAK				
AUGUST				
7/31	Fri	5:30 pm – 9 pm	1 <sup>st</sup> Meeting in Person - Ceremony	IN PERSON
8/1	Sat	10 am - 6 pm	Guest Teacher – Misty Soderholm	IN PERSON
8/2	Sun	10 am - 6 pm	Guest Teacher – Misty Soderholm	IN PERSON
8/14	Fri	5:30 pm – 9 pm		IN PERSON
8/15	Sat	10 am - 6 pm		IN PERSON
8/16	Sun	10 am - 6 pm		IN PERSON
8/28	Fri	5:30 pm – 9 pm	Private Discourse – Swami Yatidharmananda	IN PERSON
8/29	Sat	10 am - 6 pm	Sadhna Intensive – Swami Yatidharmananda	IN PERSON
8/30	Sun	10 am - 6 pm		IN PERSON
SEPTEMBER				
9/11	Fri	5:30 pm – 9 pm		IN PERSON
9/12	Sat	8:30 am - 3 pm	Class / Tour ~ Hindu Temple of Greater Chicago	IN PERSON
9/13	Sun	10 am - 6 pm	Guest Teacher – Shannon Chada	IN PERSON
9/14	Mon	5:30 pm – 9 pm	Spirit Week Begins! Practicum	IN PERSON
9/15	Tue	5:30 pm – 9 pm	Practicum	IN PERSON
9/16	Wed	5:30 pm – 9 pm	Practicum	IN PERSON
9/17	Thu	5:30 pm – 9 pm	Practicum	IN PERSON
9/18	Fri	5:30 pm – 9 pm	Practicum	IN PERSON
9/19	Sat	10 am - 6 pm	Practicum	IN PERSON
9/20	Sun	10 am - 6 pm	COMMUNITY YOGA DAY & GRADUATION	IN PERSON

\*SCHEDULE MAY HAVE VERY SLIGHT VARIATIONS IF CIRCUMSTANCES ARISE THAT REQUIRE SHIFTS. IF SO, CHANGES ARE AGREED UPON BY OUR GROUP AND SHARED WELL AHEAD OF TIME