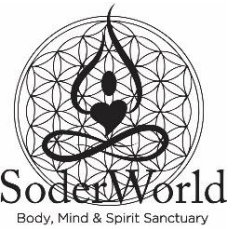




2025

# SATTVIC SAGE AYURVEDA & YOGA YOGA TEACHER TRAINING

March 13 – September 21, 2025



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

MARCH	Thursday	3/13	Introduction, Intentions, Complete Course & Binder Review	ONLINE	5:30 pm – 9 pm
	Saturday	3/15		ONLINE	1 pm – 6 pm
	Sunday	3/16		ONLINE	1 pm – 6 pm
	Thursday	3/20		ONLINE	5:30 pm – 9 pm
	Saturday	3/22		ONLINE	1 pm – 6 pm
	Sunday	3/23		ONLINE	1 pm – 6 pm
	Thursday	3/27		ONLINE	5:30 pm – 9 pm
APRIL	Thursday	4/3		ONLINE	5:30 pm – 9 pm
	Saturday	4/5		ONLINE	1 pm – 6 pm
	Sunday	4/6		ONLINE	1 pm – 6 pm
	Thursday	4/17		ONLINE	5:30 pm – 9 pm
	Saturday	4/19		ONLINE	1 pm – 6 pm
	Sunday	4/20		ONLINE	1 pm – 6 pm
	Thursday	4/24		ONLINE	5:30 pm – 9 pm
	Saturday	4/26		ONLINE	1 pm – 6 pm
MAY	Thursday	5/1		ONLINE	5:30 pm – 9 pm
	Thursday	5/8		ONLINE	5:30 pm – 9 pm
	Saturday	5/10		ONLINE	1 pm – 6 pm
	Sunday	5/11		ONLINE	1 pm – 6 pm
	Friday	5/16		ONLINE	5:30 pm – 9 pm
	Saturday	5/17		ONLINE	1 pm – 6 pm
	Sunday	5/18		ONLINE	1 pm – 6 pm
~ May 19 – July 11 ~ SUMMER BREAK ~					
JULY	Friday	7/11		ONLINE	5:30 pm – 9 pm
	Saturday	7/12		ONLINE	1 pm – 6 pm
	Sunday	7/13		ONLINE	1 pm – 6 pm
AUGUST	Friday	8/1	1st In Person Gathering: Social, Ceremony, Group Meditation	IN PERSON	5:30 pm – 9 pm
	Saturday	8/2	GUEST TEACHER	IN PERSON	9 am – 5 pm
	Sunday	8/3	GUEST TEACHER	IN PERSON	9 am – 5 pm
	Friday	8/8		IN PERSON	5:30 pm – 9 pm
	Saturday	8/9		IN PERSON	9 am – 5 pm
	Sunday	8/10		IN PERSON	9 am – 5 pm
	Friday	8/22		IN PERSON	5:30 pm – 9 pm
	Saturday	8/23		IN PERSON	9 am – 5 pm
	Sunday	8/24		IN PERSON	9 am – 5 pm
SEPTEMBER	Saturday	9/6	PRACTICUM	IN PERSON	9 am – 5 pm
	Friday	9/12	GUEST TEACHER	IN PERSON	5:30 pm – 9 pm
	Saturday	9/13	GUEST TEACHER	IN PERSON	8:30 am – 6:30 pm
	Sunday	9/14	GUEST TEACHER	IN PERSON	9 am – 5 pm
	Tuesday	9/16	PRACTICUM	IN PERSON	5:30 pm – 9 pm
	Wednesday	9/17	PRACTICUM	IN PERSON	5:30 pm – 9 pm
	Thursday	9/18	PRACTICUM	IN PERSON	5:30 pm – 9 pm
	Friday	9/19	PRACTICUM	IN PERSON	5:30 pm – 9 pm
	Saturday	9/20	PRACTICUM	IN PERSON	9 am – 5 pm
	Sunday EQUINOX	9/21	COMMUNITY YOGA DAY & GRADUATION CEREMONY	IN PERSON	9 am – 6 pm