



Vishoka Meditation Teacher Training

with

Pandit Rajmani Tigunait, PhD

October 26 - November 15, 2020

Webinar Sessions

Monday, October 26

9:30 a.m.–10:45 a.m. **Guided Yoga Practice**

2:00–4:00 p.m. **Afternoon Session**

7:00–8:30 p.m. **Evening Session**

Tuesday, October 27

No Sessions

Wednesday, October 28

9:30 a.m.–12:00 p.m. **Morning Session**

2:00–4:00 p.m. **Afternoon Session**

Thursday, October 29

9:30 a.m.–10:45 a.m. **Guided Yoga Practice**

7:00–8:30 p.m. **Evening Session**

1-hour of Guided or Independent Group Work

Friday, October 30

No Sessions

Saturday, October 31

9:30 a.m.–12:00 p.m. **Morning Session**
2:00–4:00 p.m. **Afternoon Session**

Sunday, November 1

9:30 a.m.–10:45 a.m. **Guided Practice**
7:00–8:30 p.m. **Evening Session**
1-hour of Guided or Independent Group Work

Monday, November 2

9:30 a.m.–12:00 p.m. **Morning Session**
2:00–4:00 p.m. **Afternoon Session**

Tuesday, November 3

No Sessions

Wednesday, November 4

9:30 a.m.–10:45 a.m. **Guided Practice**
2:00–4:00 p.m. **Afternoon Session**
7:00–8:30 p.m. **Evening Session**

Thursday, November 5

9:30 a.m.–12:00 p.m. **Morning Session**
1-hour of Guided or Independent Group Work

Friday, November 6

No Sessions

Saturday, November 7

9:30 a.m.–10:45 a.m. **Guided Practice**
2:00–4:00 p.m. **Afternoon Session**
7:00–8:30 p.m. **Evening Session**

Sunday, November 8

9:30 a.m.–12:00 p.m. **Morning Session**
1-hour of Guided or Independent Group Work

Monday, November 9

9:30 a.m.–10:45 a.m. **Guided Practice**
2:00–4:00 p.m. **Afternoon Session**
7:00–8:30 p.m. **Evening Session**

Tuesday, November 10

No Sessions

Wednesday, November 11

9:30 a.m.–12:00 p.m. **Morning Session**
7:00–8:30 p.m. **Evening Session**

Thursday, November 12

9:30 a.m.–10:45 a.m. **Guided Practice**

2:00–4:00 p.m. **Afternoon Session**

1-hour of Guided or Independent Group Work

Friday, November 13

No Sessions

Saturday, November 14

9:30 a.m.–10:45 a.m. **Guided Practice**

7:00–8:30 p.m. **Evening Session**

1-hour of Guided or Independent Group Work

Sunday, November 15

9:30 a.m.–12:00 p.m. **Morning Session**