

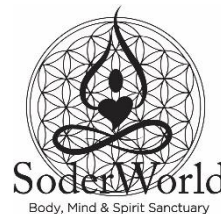


2025

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	Class Content Details For Each Day Are Provided on Start Day	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	4/10		ONLINE	5:30 pm – 9 pm
	Saturday	4/12		ONLINE	1 pm – 6 pm
	Sunday	4/13		ONLINE	1 pm – 6 pm
	Thursday	4/17		ONLINE	5:30 pm – 9 pm
	Saturday	4/19		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	MISTY SODERHOLM: LOOPS & SPIRALS ALIGNMENTS	IN PERSON	9 am – 5 pm
	Sunday	8/3	MISTY SODERHOLM: LOOPS & SPIRALS ALIGNMENTS	IN PERSON	9 am – 6 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 - 2 pm
	Friday	8/22		IN PERSON	5:30 pm – 9 pm
	Saturday	8/23	PRACTICUM: PRACTICE TEACHING	IN PERSON	9 am – 5 pm
	Sunday	8/24	PRACTICUM: PRACTICE TEACHING	IN PERSON	9 am – 6 pm
SEPTEMBER	Friday	9/12	SWAMI YATIDHARMANANDA: DISCOURSE & MEDITATION	IN PERSON	5:30 pm – 9 pm
	Saturday	9/13	HINDU TEMPLE OF GREATER CHICAGO In MORNING	IN PERSON	8:30 am – 6 pm
			SWAMI YATIDHARMANANDA: SADHNA INTENSIVE in AFTERNOON		
	Sunday	9/14	SHANNON CHADA: HOLISTIC LIVING & RESTORATIVE SET UPS	IN PERSON	9 am – 6 pm
	Tuesday	9/16	PRACTICUM: PRACTICE TEACHING 'SPRIT WEEK' BEGINS	IN PERSON	5:30 pm – 9 pm
	Wednesday	9/17	PRACTICUM: PRACTICE TEACHING	IN PERSON	5:30 pm – 9 pm
	Thursday	9/18	PRACTICUM: PRACTICE TEACHING	IN PERSON	5:30 pm – 9 pm
	Friday	9/19	PRACTICUM: PRACTICE TEACHING	IN PERSON	5:30 pm – 9 pm
	Saturday	9/20	PRACTICUM: PRACTICE TEACHING	IN PERSON	1 pm – 5 pm
	Sunday	EQUINOX	9/21	COMMUNITY YOGA DAY & GRADUATION CEREMONY	9 am – 6 pm