



# OMNIA YOGA TEACHER TRAINING

## STANDARD SESSION TIMES



*Unless otherwise noted below*

**Thursdays:** 5:30pm – 8:00pm (2.5 hrs) **Saturdays:** 10:30am – 5:00pm (6.5 hrs) **Sundays:** 10:00am – 5:00pm (7 hrs)

### October 2026

Sat & Sun: 10/3 & 10/4  
Thursday: 10/8  
Thursday: 10/15  
Thursday: 10/22  
Sat & Sun: 10/24 & 10/25  
Thursday: 10/29

### November 2026

Thursday: 11/5  
Thursday: 11/12  
Sat & Sun: 11/21 & 11/22

**No Class**  
**11/26 - Thanksgiving**

### December 2026

Thursday: 12/3  
Sat & Sun: 12/19 & 12/20

**No Class 12/24 & 12/31 -**  
**Holiday Break**

### January 2027

Thursday: 1/7  
Sat & Sun: 1/9 & 1/10  
Thursday: 1/14  
Thursday: 1/21  
Thursday: 1/28  
Sat & Sun: 1/30 & 1/31

### February 2027

Thursday: 2/4  
Thursday: 2/11  
Thursday: 2/18  
Sat & Sun: 2/20 & 2/21  
Thursday: 2/25

### March 2027

Thursday: 3/4  
Thursday: 3/11  
Sat & Sun: 3/13 & 3/14  
Thursday: 3/18  
Thursday: 3/25

### April 2027

Thursday: 4/1  
Thursday: 4/8  
Sat & Sun: 4/10 & 4/11  
Thursday: 4/15  
Thursday: 4/22  
Thursday: 4/29

### May 2027

Sat & Sun: 5/1 & 5/2  
Thursday: 5/6  
Thursday: 5/13  
**Final Weekend &**  
**Graduation:**  
**Sat 5/15 & Sun 5/16**

*Dates and times are subject to slight changes due to unforeseen circumstances. Students will be notified immediately of any adjustments.*