

Vishoka Meditation Teacher Training

with

HI Faculty

April 4 - April 28, 2022

Webinar Sessions: Sample Weekly Schedule, all times EDT

Final Schedule Coming Soon

Monday

10:00 a.m. – 11:30 a.m.

Morning Session

7:00 p.m. – 8:30 p.m.

Evening Session

Tuesday no sessions

Wednesday

10:00 a.m. – 12:00 p.m.

Morning Session

2:00 p.m. – 4:00 p.m.

Afternoon Session

Thursday

10:00 a.m. – 11:15 a.m.

Guided Vishoka Meditation Practice

11:30 a.m. – 1:00 p.m.

Morning Session

2:00 p.m. – 4:00 p.m.

Afternoon Session

Friday no sessions

Saturday

10:00 a.m. – 12:00 p.m.

Morning Session

7:00 p.m. – 8:30 p.m.

Evening Session

Sunday

10:00 a.m. – 11:15 a.m.

Guided Vishoka Meditation Practice

11:30 a.m. – 12:30 p.m.

Morning Session

2:00 p.m. – 4:00 p.m.

Afternoon Session