

## The BYMC Soma School Schedule (2025)

### FORMAT KEY

**In-Person:** at The Bhakti Yoga Movement Center in SE Portland

**Livestream:** held virtually on Zoom - join from anywhere

**Pre-Recorded:** take the class anytime during the same week it's scheduled, which could be Friday night or another time

### COLOR KEY

**Dark Pink:** immersion weekends

**Light Pink:** hold for potential practicum dates

**Light Grey:** self-directed study, no scheduled sessions

**NOTE** In addition to the scheduled sessions below, there is 5-10 hours of work outside of class / week, plus weekly yoga classes

Date	Day	Time	Format
Self-directed Studay, 1/3 - 1/16 (No scheduled sessions)			
1/17	Friday	5:30pm - 8:30pm	In-person
1/18	Saturday	12:30pm - 6:30pm	In-person
1/19	Sunday	12:30pm - 5pm	In-person
1/20	Monday		
1/21	Tuesday	6am - 8am	Livestream
1/22	Wednesday		
1/23	Thursday		
1/24	Friday	5:30pm - 8:30pm	In-person
1/25	Saturday	9am - 12:30am	Livestream
1/26	Sunday		
1/27	Monday		
1/28	Tuesday	6am - 8am	Livestream
1/29	Wednesday		
1/30	Thursday		
1/31	Friday	5:45pm - 8:15pm	Pre-recorded
2/1	Saturday		
2/2	Sunday		
2/3	Monday		
2/4	Tuesday	6am - 8am	Livestream
2/5	Wednesday		
2/6	Thursday		
2/7	Friday	5:30pm - 8:30pm	In-person
2/8	Saturday	9am - 12:00am	Livestream
2/9	Sunday		

2/10	Monday		
2/11	Tuesday	6am - 8am	In-person
2/12	Wednesday		
2/13	Thursday		
2/14	Friday	5:30pm - 8:30pm	In-person
2/15	Saturday	12:30pm - 6:30pm	In-person
2/16	Sunday	12:30pm - 5pm	In-person
2/17	Monday		
2/18	Tuesday	6am - 8am	Livestream
2/19	Wednesday		
2/20	Thursday		
2/21	Friday	5:30pm - 8:30pm	In-person
2/22	Saturday		
2/23	Sunday		
2/24	Monday		
2/25	Tuesday	6am - 8am	Livestream
2/26	Wednesday		
2/27	Thursday		
2/28	Friday	5:30pm - 8:30pm	Pre-recorded
3/1	Saturday		
3/2	Sunday		
3/3	Monday		
3/4	Tuesday	6am - 8am	Livestream
3/5	Wednesday		
3/6	Thursday		
3/7	Friday	5:30pm - 8:30pm	
3/8	Saturday	9am - 12:00am	Livestream
3/9	Sunday		
3/10	Monday		
3/11	Tuesday	6am - 8am	In-person
3/12	Wednesday		
3/13	Thursday		
3/14	Friday	5:30pm - 8:30pm	In-person
3/15	Saturday	12:30pm - 6:30pm	In-person
3/16	Sunday	12:30pm - 5pm	In-person
3/17	Monday		
3/18	Tuesday	6am - 8am	Livestream
3/19	Wednesday		
3/20	Thursday		
3/21	Friday	5:30pm - 8:30pm	In-person
3/22	Saturday		
3/23	Sunday		
3/24	Monday		
3/25	Tuesday	6am - 8am	Livestream
3/26	Wednesday		

3/27	Thursday		
3/28	Friday	5:30pm - 8:30pm	Pre-recorded
3/29	Saturday		
3/30	Sunday		
3/31	Monday		
4/1	Tuesday	6am - 8am	Livestream
4/2	Wednesday		
4/3	Thursday		
4/4	Friday	5:30pm - 8:30pm	In-person
4/5	Saturday		
4/6	Sunday		
4/7	Monday		
4/8	Tuesday	6am - 8am	In-person
4/9	Wednesday		
4/10	Thursday		
4/11	Friday	5:30pm - 8:30pm	In-person
4/12	Saturday	12:30pm - 6:30pm	In-person
4/13	Sunday	12:30pm - 5pm	In-person
4/14	Monday		
4/15	Tuesday	6am - 8am	Livestream
4/16	Wednesday		
4/17	Thursday		
4/18	Friday	5:30pm - 8:30pm	In-person
4/19	Saturday		
4/20	Sunday		
4/21	Monday		
4/22	Tuesday	6am - 8am	Livestream
4/23	Wednesday		
4/24	Thursday		
4/25	Friday	5:30pm - 8:30pm	Pre-recorded
4/26	Saturday		
4/27	Sunday		
4/28	Monday		
4/29	Tuesday	6am - 8am	Livestream
4/30	Wednesday		
5/1	Thursday		
5/2	Friday	5:30pm - 8:30pm	In-person
5/3	Saturday		
5/4	Sunday		
5/5	Monday		
5/6	Tuesday	6am - 8am	In-person
5/7	Wednesday		
5/8	Thursday		
5/9	Friday	5:30pm - 8:30pm	In-person
5/10	Saturday	12:30pm - 6:30pm	In-person

5/11 Sunday	12:30pm - 5pm	In-person
5/12 Monday		
5/13 Tuesday	6am - 8am	Livestream
5/14 Wednesday		
5/15 Thursday		
5/16 Friday	5:30pm - 8:30pm	In-person
5/17 Saturday		
5/18 Sunday		
5/19 Monday		
5/20 Tuesday	6am - 8am	Livestream
5/21 Wednesday		
5/22 Thursday		
5/23 Friday	5:30pm - 8:30pm	Pre-recorded
5/24 Saturday		
5/25 Sunday		
5/26 Monday		
5/27 Tuesday	6am - 8am	Livestream
5/28 Wednesday		
5/29 Thursday		
5/30 Friday	5:30pm - 8:30pm	In-person
5/31 Saturday		
6/1 Sunday		
6/2 Monday		
6/3 Tuesday	6am - 8am	In-person
6/4 Wednesday		
6/5 Thursday		
6/6 Friday	5:30pm - 8:30pm	In-person
6/7 Saturday	12:30pm - 6:30pm	In-person
6/8 Sunday	12:30pm - 5pm	In-person
6/9 Monday		
6/10 Tuesday	6am - 8am	Livestream
6/11 Wednesday		
6/12 Thursday		
6/13 Friday	5:30pm - 8:30pm	In-person
6/13 Friday	5:30pm - 8:30pm	Pre-recorded
6/14 Saturday		
6/15 Sunday		
6/16 Monday		
6/17 Tuesday	6am - 8am	In-person
6/18 Wednesday		
6/19 Thursday		
6/20 Friday	5:30pm - 8:30pm	In-person
6/21 Saturday		
6/22 Sunday		
6/23 Monday		

6/24	Tuesday	6am - 8am	In-person
6/25	Wednesday		
6/26	Thursday		
6/27	Friday	5:30pm - 8:30pm	In-person

### Self-directed Studay, 6/28 - 9/4

(No scheduled sessions)

9/5	Friday	5:30pm - 8:30pm	In-person
9/6	Saturday	12:30pm - 6:30pm	In-person
9/7	Sunday	12:30pm - 5pm	In-person
9/8	Monday		
9/9	Tuesday	6am - 8am	Livestream
9/10	Wednesday		
9/11	Thursday		
9/12	Friday	5:30pm - 8:30pm	In-person
9/12	Friday	5:30pm - 8:30pm	Pre-recorded
9/13	Saturday		
9/14	Sunday		
9/15	Monday		
9/16	Tuesday	6am - 9am*	Livestream
9/17	Wednesday	*note the longer time	
9/18	Thursday		
9/19	Friday	5:30pm - 8:30pm	TBD
9/20	Saturday		
9/21	Sunday		
9/22	Monday		
9/23	Tuesday	6am - 8am	In-person
9/24	Wednesday		
9/25	Thursday		
9/26	Friday	5:30pm - 8:30pm	In-person
9/27	Saturday		
9/28	Sunday		
9/29	Monday		
9/30	Tuesday	6am - 8am	Livestream
10/1	Wednesday		
10/2	Thursday		
10/3	Friday	5:30pm - 8:30pm	In-person
10/4	Saturday	12:30pm - 6:00pm	In-person
10/5	Sunday	12:30pm - 5pm	In-person
10/6	Monday		
10/7	Tuesday	6am - 8am	Livestream
10/8	Wednesday		
10/9	Thursday		
10/10	Friday	5:30pm - 8:30pm	In-person
10/11	Saturday		

10/12	Sunday		
10/13	Monday		
10/14	Tuesday	6am - 8am	Livestream
10/15	Wednesday		
10/16	Thursday		
10/17	Friday	5:30pm - 8:30pm	In-person
10/18	Saturday		
10/19	Sunday		
10/20	Monday		
10/21	Tuesday	6am - 8am	Livestream
10/22	Wednesday		
10/23	Thursday		
10/24	Friday	5:30pm - 8:30pm	In-person
10/25	Saturday		
10/26	Sunday		
10/27	Monday		
10/28	Tuesday	6am - 8am	Livestream
10/29	Wednesday		
10/30	Thursday		
10/31	Friday		
11/1	Saturday	12:30pm - 6:30pm	In-person
11/2	Sunday	12:30pm - 5pm	In-person
11/3	Monday		
11/4	Tuesday	6am - 8am	Livestream
11/5	Wednesday		
11/6	Thursday		
11/7	Friday	12:30pm - 6:30pm	In-person