

SOMA SCHOOL CALENDAR 2026 - 2027

	Immersion Weekends
	Additional Saturdays
	Breaks or pre-recorded, self-paced, study
	Indicating Fridays to help track the weeks

	Date	Day	Time	Format	Subject
week 1	9/25	Fri			
	9/26	Sat			
	9/27	Sun	SELF DIRECTED STUDY: 9/25 - 10/15		
	9/28	Mon			
	9/29	Tue			
	9/30	Wed			
	10/1	Thu			
week 2	10/2	Fri	5:30pm - 8:30pm	In-person	General
	10/3	Sat			
	10/4	Sun			
	10/5	Mon			
	10/6	Tue			
	10/7	Wed			
	10/8	Thu			
week 3	10/9	Fri			
	10/10	Sat			
	10/11	Sun			
Indigenous Day	10/12	Mon			
	10/13	Tue			
	10/14	Wed			
week 4	10/15	Thu			
	10/16	Fri	5:30pm - 8:30pm	In-person	General
	10/17	Sat	12:30pm - 6:30pm	In-person	Anatomy
	10/18	Sun	12:30pm - 5pm	In-person	Teaching Methods
	10/19	Mon			
	10/20	Tue	6:15am - 8:15am	Livestream	Beyond Asana
	10/21	Wed			
	10/22	Thu			

week 5	10/23	Fri	5:30pm - 8:30pm	In-person	Decol Yoga	
	10/24	Sat	12:30pm - 5pm	In-Person	Anatomy	
	10/25	Sun				
	10/26	Mon				
	10/27	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	10/28	Wed				
	10/29	Thu				
week 6	10/30	Fri	5:30pm - 8:30pm	Pre-recorded	Anatomy	
Halloween	10/31	Sat				
	11/1	Sun				
	11/2	Mon				
	11/3	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	11/4	Wed				
	11/5	Thu				
week 7	11/6	Fri	5:30pm - 8:30pm	Pre-recorded	Anatomy	
	11/7	Sat				
	11/8	Sun				
	11/9	Mon				
	11/10	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
Veterans Day	11/11	Wed				
	11/12	Thu				
week 8	11/13	Fri	5:30pm - 8:30pm	In-person	Teaching Methods	
	11/14	Sat	12:30pm - 6:30pm	In-person	Teaching Methods	
	11/15	Sun	12:30pm - 5pm	In-person	Teaching Methods	
	11/16	Mon				
	11/17	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	11/18	Wed				
	11/19	Thu				
week 9	11/20	Fri	5:30pm - 8:30pm	In-person	Teaching Methodology	
	11/21	Sat				
	11/22	Sun				
	11/23	Mon	FALL BREAK			
	11/24	Tue				
	11/25	Wed				
Thanksgiving	11/26	Thu				
week 10	11/27	Fri				
	11/28	Sat				
	11/29	Sun				
	11/30	Mon				

	12/1	Tue	6:15am - 8:15am	Livestream	Beyond Asana		
	12/2	Wed					
	12/3	Thu					
week 11	12/4	Fri	5:30pm - 8:30pm	In-person	Yoga for Bigger Bodies		
	12/5	Sat					
	12/6	Sun					
	12/7	Mon					
	12/8	Tue	6:15am - 8:15am	Livestream	Beyond Asana		
	12/9	Wed					
	12/10	Thu					
week 12	12/11	Fri	5:30pm - 8:30pm	In-person	Teaching Methods		
	12/12	Sat	12:30pm - 6:30pm	In-person	Teaching Methods		
	12/13	Sun	12:30pm - 5pm	In-person	Teaching Methods		
	12/14	Mon					
	12/15	Tue	6:15am - 8:15am	Livestream	Beyond Asana		
	12/16	Wed					
	12/17	Thu					
week 13	12/18	Fri	5:30pm - 8:30pm	In-person	Teaching Methodology		
	12/19	Sat	12:30pm - 5pm	In-Person	Anatomy		
	12/20	Sun					
	12/21	Mon					
	12/22	Tue	6:15am - 8:15am	Livestream	Beyond Asana		
	12/23	Wed					
Xmas Eve	12/24	Thu					
Xmas	12/25	Fri	WINTER BREAK				
week 14	12/26	Sat					
	12/27	Sun					
	12/28	Mon					
	12/29	Tue					
	12/30	Wed					
New Year's Eve	12/31	Thu					
New Year's	1/1	Fri					
week 15	1/2	Sat					
	1/3	Sun					
	1/4	Mon					
	1/5	Tue	6:15am - 8:15am	Livestream	Beyond Asana		
	1/6	Wed					
	1/7	Thu					
week 16	1/8	Fri	5:30pm - 8:30pm	In-person	Teaching Methods		

	1/9	Sat	12:30pm - 6:30pm	In-person	Teaching Methods	
	1/10	Sun	12:30pm - 5pm	In-person	Teaching Methods	
	1/11	Mon				
	1/12	Tue				
	1/13	Wed				
	1/14	Thu				
week 17	1/15	Fri				
	1/16	Sat	MLK Day Weekend			
	1/17	Sun				
MLK Day	1/18	Mon				
	1/19	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	1/20	Wed				
	1/21	Thu				
week 18	1/22	Fri	5:30pm - 8:30pm	In-person	Teaching Methodology	
	1/23	Sat				
	1/24	Sun				
	1/25	Mon				
	1/26	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	1/27	Wed				
	1/28	Thu				
week 19	1/29	Fri	5:30pm - 8:30pm	In-person	Decol Yoga	
	1/30	Sat				
	1/31	Sun				
	2/1	Mon				
	2/2	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	2/3	Wed				
	2/4	Thu				
week 20	2/5	Fri	5:30pm - 8:30pm	In-person	Teaching Methods	
	2/6	Sat	12:30pm - 6:30pm	In-person	Teaching Methods	
	2/7	Sun	12:30pm - 5pm	In-person	Teaching Methods	
	2/8	Mon				
	2/9	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	2/10	Wed				
	2/11	Thu				
week 21	2/12	Fri	5:30pm - 8:30pm	In-person	Teaching Methods	
	2/13	Sat	12:30pm - 5pm	In-Person	Anatomy	
V-day	2/14	Sun				
President's Day	2/15	Mon				
	2/16	Tue	6:15am - 8:15am	Livestream	Beyond Asana	

	2/17	Wed				
	2/18	Thu				
week 22	2/19	Fri	5:30pm - 8:30pm	In-person	Yoga for Bigger Bodies	
	2/20	Sat				
	2/21	Sun				
	2/22	Mon				
	2/23	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	2/24	Wed				
	2/25	Thu				
week 23	2/26	Fri	5:30pm - 8:30pm	Pre-recorded	Anatomy	
	2/27	Sat				
	2/28	Sun				
	3/1	Mon				
	3/2	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	3/3	Wed				
	3/4	Thu				
week 24	3/5	Fri	5:30pm - 8:30pm	In-person	Teaching Methods	
	3/6	Sat	12:30pm - 6:30pm	In-person	Teaching Methods	
	3/7	Sun	12:30pm - 5pm	In-person	Teaching Methods	
	3/8	Mon				
	3/9	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	3/10	Wed				
	3/11	Thu				
week 25	3/12	Fri	5:30pm - 8:30pm	In-person	Teaching Methodology	
	3/13	Sat				
	3/14	Sun				
	3/15	Mon				
	3/16	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	3/17	Wed				
	3/18	Thu				
week 26	3/19	Fri	5:30pm - 8:30pm	In-person	Decol Yoga	
	3/20	Sat				
	3/21	Sun				
	3/22	Mon				
	3/23	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	3/24	Wed				
	3/25	Thu				
week 27	3/26	Fri	SPRING BREAK			
	3/27	Sat				

Easter	3/28	Sun				
	3/29	Mon				
	3/30	Tue				
	3/31	Wed				
	4/1	Thu				
week 28	4/2	Fri	5:30pm - 8:30pm	Pre-recorded	Anatomy	
	4/3	Sat				
	4/4	Sun				
	4/5	Mon				
	4/6	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	4/7	Wed				
	4/8	Thu				
week 29	4/9	Fri	5:30pm - 8:30pm	In-person	Teaching Methods	
	4/10	Sat				
	4/11	Sun				
	4/12	Mon				
	4/13	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	4/14	Wed				
	4/15	Thu				
week 30	4/16	Fri	5:30pm - 8:30pm	In-person	Teaching Methods	
	4/17	Sat	12:30pm - 6:30pm	In-person	Teaching Methods	
	4/18	Sun	12:30pm - 5pm	In-person	Teaching Methods	
	4/19	Mon				
	4/20	Tue				
	4/21	Wed	6:15am - 8:15am	Livestream	Beyond Asana	
	4/22	Thu				
week 31	4/23	Fri	5:30pm - 8:30pm	In-person	Decol Yoga	
	4/24	Sat	12:30pm - 5pm	In-Person	Anatomy	
	4/25	Sun				
	4/26	Mon				
	4/27	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	4/28	Wed				
	4/29	Thu				
week 32	4/30	Fri	5:30pm - 8:30pm	In-person	Teaching Methodology	
	5/1	Sat				
	5/2	Sun				
	5/3	Mon				
	5/4	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
Cinco de Myo	5/5	Wed				

	5/6	Thu				
week 33	5/7	Fri	5:30pm - 8:30pm	Pre-recorded	Anatomy	
	5/8	Sat				
Mother's Day	5/9	Sun				
	5/10	Mon				
	5/11	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	5/12	Wed				
	5/13	Thu				
week 34	5/14	Fri	5:30pm - 8:30pm	In-person	Teaching Methodology	
	5/15	Sat	12:30pm - 6:30pm	In-person	Teaching Methodology	
	5/16	Sun	12:30pm - 5pm	In-person	Teaching Methodology	
	5/17	Mon				
	5/18	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	5/19	Wed				
	5/20	Thu				
week 35	5/21	Fri	5:30pm - 8:30pm	In-person	Anatomy	
	5/22	Sat	12:30pm - 5pm	In-Person	Teaching Methodology	
	5/23	Sun				
	5/24	Mon				
	5/25	Tue	6:15am - 8:15am	Livestream	Beyond Asana	
	5/26	Wed				
	5/27	Thu				
week 36	5/28	Fri	OFF: MEMORIAL DAY WEEKEND			
	5/29	Sat				
Memorial Day	5/30	Sun				
	5/31	Mon				
	6/1	Tue	6:15am - 8:15am	Livestream	Teaching Methods	
	6/2	Wed				
	6/3	Thu				
week 37	6/4	Fri	5:30pm - 8:30pm	In-person	Decol Yoga	
	6/5	Sat				
	6/6	Sun				
	6/7	Mon				
	6/8	Tue	6:15am - 8:15am	Livestream	Teaching Methods	
	6/9	Wed				
	6/10	Thu				
week 38	6/11	Fri	5:30pm - 8:30pm	In-person	Teaching Methods	
	6/12	Sat	practicum TBD			
	6/13	Sun	practicum TBD			

	6/14	Mon	practicum TBD			
	6/15	Tue	practicum TBD			
	6/16	Wed	practicum TBD			
	6/17	Thu	practicum TBD			
week 39	6/18	Fri	5:30pm - 8:30pm	In-person	Practicum	
Juneteenth	6/19	Sat	12:30pm - 6:30pm	In-person	Practicum	
	6/20	Sun	12:30pm - 5pm	In-person	GRADUATION!!!	
	6/21	Mon				
	6/22	Tue				
	6/23	Wed				
	6/24	Thu				
week 40	6/25	Fri				
	6/26	Sat				
	6/27	Sun				
	6/28	Mon				
	6/29	Tue				
	6/30	Wed				