

2026 - 2027 SOMA School Calendar				
Date	Day	Time	Format	Subject
9/24	Thu			
9/25	Fri	Program starts 9/25 with 3 weeks of Self Directed Study		
9/26	Sat			
9/27	Sun			
9/28	Mon			
9/29	Tue			
9/30	Wed			
10/1	Thu			
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			
10/9	Fri			
10/10	Sat			
10/11	Sun			
10/12	Mon			
10/13	Tue			
10/14	Wed			
10/15	Thu			
10/16	Fri	5:30pm - 8:30pm	In-person	Decol Yoga
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			
10/23	Fri	5:30pm - 8:30pm	In-person	TBD
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			
10/30	Fri	5:30pm - 8:30pm	Pre-recorded	Anatomy

2026 - 2027 SOMA School Calendar				
Date	Day	Time	Format	Subject
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			
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
11/11	Wed			
11/12	Thu			
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			
11/20	Fri	5:30pm - 8:30pm	In-person	Teaching Methodology
11/21	Sat			
11/22	Sun	FALL BREAK		
11/23	Mon			
11/24	Tue			
11/25	Wed			
11/26	Thu			
11/27	Fri	5:30pm - 8:30pm	Pre-recorded	Anatomy
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			
12/4	Fri	5:30pm - 8:30pm	In-person	Yoga for Bigger Bodies
12/5	Sat			
12/6	Sun			

2026 - 2027 SOMA School Calendar				
Date	Day	Time	Format	Subject
12/7	Mon			
12/8	Tue	6:15am - 8:15am	Livestream	Beyond Asana
12/9	Wed			
12/10	Thu			
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			
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			
12/24	Thu			
12/25	Fri	WINTER BREAK		
12/26	Sat			
12/27	Sun			
12/28	Mon			
12/29	Tue			
12/30	Wed			
12/31	Thu			
1/1	Fri	5:30pm - 8:30pm	Pre-recorded	Anatomy
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			
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	6:15am - 8:15am	Livestream	Beyond Asana

2026 - 2027 SOMA School Calendar				
Date	Day	Time	Format	Subject
1/13	Wed			
1/14	Thu			
1/15	Fri			
1/16	Sat	MLK Day Weekend		
1/17	Sun			
1/18	Mon			
1/19	Tue	6:15am - 8:15am	Livestream	Beyond Asana
1/20	Wed			
1/21	Thu			
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			
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			
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			
2/12	Fri	5:30pm - 8:30pm	In-person	Teaching Methods
2/13	Sat	12:30pm - 5pm	In-Person	Anatomy
2/14	Sun			
2/15	Mon			
2/16	Tue	6:15am - 8:15am	Livestream	Beyond Asana
2/17	Wed			
2/18	Thu			

2026 - 2027 SOMA School Calendar				
Date	Day	Time	Format	Subject
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			
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			
3/5	Fri	5:30pm - 8:30pm	In-person	Teaching Methods
3/6	Sat	12:30pm - 3:30pm	In-person	Teaching Methods
3/6	Sat	3:30pm - 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			
3/12	Fri	5:30pm - 8:30pm	In-person	Teaching Methodology
3/13	Sat	12:30pm - 5pm	In-Person	Anatomy
3/14	Sun			
3/15	Mon			
3/16	Tue	6:15am - 8:15am	Livestream	Beyond Asana
3/17	Wed			
3/18	Thu			
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			
3/26	Fri			

2026 - 2027 SOMA School Calendar				
Date	Day	Time	Format	Subject
3/27	Sat			
3/28	Sun	SPRING BREAK 3/21 - 3/30		
3/29	Mon			
3/30	Tue	6:15am - 8:15am	Pre-recorded	Beyond Asana
3/31	Wed			
4/1	Thu			
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			
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			
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			
4/23	Fri	5:30pm - 8:30pm	In-person	Decol Yoga
4/24	Sat			
4/25	Sun			
4/26	Mon			
4/27	Tue	6:15am - 8:15am	Livestream	Beyond Asana
4/28	Wed			
4/29	Thu			
4/30	Fri	5:30pm - 8:30pm	In-person	Teaching Methodology
5/1	Sat			
5/2	Sun			

2026 - 2027 SOMA School Calendar				
Date	Day	Time	Format	Subject
5/3	Mon			
5/4	Tue	6:15am - 8:15am	Livestream	Beyond Asana
5/5	Wed			
5/6	Thu			
5/7	Fri	5:30pm - 8:30pm	Pre-recorded	Anatomy
5/8	Sat			
5/9	Sun			
5/10	Mon			
5/11	Tue	6:15am - 8:15am	Livestream	Beyond Asana
5/12	Wed			
5/13	Thu			
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			
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			
5/28	Fri	OFF: MEMORIAL DAY WEEKEND		
5/29	Sat			
5/30	Sun			
5/31	Mon			
6/1	Tue	6:15am - 8:15am	Livestream	Beyond Asana
6/1	Tue	6:15am - 8:15am	Asynchronis	Teaching Methods
6/2	Wed			
6/3	Thu			
6/4	Fri	5:30pm - 8:30pm	In-person	Decol Yoga
6/5	Sat			
6/6	Sun			
6/7	Mon			

2026 - 2027 SOMA School Calendar				
Date	Day	Time	Format	Subject
6/8	Tue	6:15am - 8:15am	Livestream	Teaching Methods
6/9	Wed			
6/10	Thu			
6/11	Fri	5:30pm - 8:30pm	In-person	Teaching Methods
6/12	Sat	practicum		
6/13	Sun	practicum		
6/14	Mon	practicum		
6/15	Tue	practicum		
6/16	Wed	practicum		
6/17	Thu	practicum		
6/18	Fri	5:30pm - 8:30pm	In-person	Practicum
6/19	Sat	12:30pm - 6:30pm	In-person	Practicum
6/20	Sun	12:30pm - 5pm	In-person	GRADUATION!!!
6/21	Mon			