

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
6/14	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	Pre-recorded
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
9/13	Saturday		
9/14	Sunday		
9/15	Monday		
9/16	Tuesday	6am - 8am	Livestream
9/17	Wednesday		
9/18	Thursday		
9/19	Friday	5:30pm - 8:30pm	Pre-recorded
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