

Shakti Ayurveda School
Ayurvedic Wellness Coach (Level 1) Certification
2025 Schedule

Overview:

- Lectures on most Wednesdays 2-5 PM (3hrs)
- Most classes will be live stream, some may be pre-recorded but will be released at the same times as live streams.
- All times listed in **Eastern US Time**
- Please note, it can take up to 3 hours before a live stream is posted to the classroom due to the processing time of the video file.
- [Time zone calculator](#)

Lectures

Wednesday - January 15 – Module 1

Wednesday - January 22

Wednesday - January 29

Wednesday - February 5

Wednesday - February 12 – Module 2

Wednesday - February 19

Wednesday - February 26

Wednesday - March 5

Winter Break: NO CLASS March 12

Wednesday - March 19 – Module 3

Wednesday - March 26

Wednesday - April 2

Wednesday - April 9

Wednesday - April 16

Wednesday - April 23 – Module 4

Spring Break: NO CLASSES April 28 - May 2

Wednesday - May 7

Wednesday - May 14

Wednesday - May 21

Wednesday - May 28 – Module 5

May 30th - Mid-Term Quiz will be released. Please finish it by August 30th.

Wednesday - June 4

Wednesday - June 11

Wednesday - June 18

Wednesday - June 25

Wednesday - July 2

Wednesday - July 9 – Module 6

Wednesday - July 16

Wednesday - July 23

Wednesday - July 30

Summer Break: NO CLASSES August 4-8

Wednesday - August 13

Wednesday - August 20

Wednesday - August 27 – Module 7

Wednesday - September 3

Wednesday - September 10

Wednesday - September 17

Wednesday - September 24

Wednesday - October 1 – Module 8

Fall Break: NO CLASSES October 6-10

Wednesday - October 15

Wednesday - October 22 – Module 9

Wednesday - October 29

Wednesday - November 5

Wednesday - November 12

Wednesday - November 19 - Module 10

Winter Break: NO CLASSES November 24-28

Wednesday - December 3

Wednesday - December 10

Wednesday - December 17