



2025 Soma Yoga Teacher Training Schedule

Weekends: Saturdays 1-6pm • Sundays 10am-3pm

The Yoga Loft, 58 Main St, Farmingdale, NJ 07727

- January 11-12
- February 8-9
- March 8-9
- April 5-6
- May 3-4
- June 7-8
- July 12-13
- August (no classes)
- September 13-14
- October 11-12
- November 8-9
- December 6-7

Thursdays: 6-8:30pm via Zoom

- January 16
- February 6, 27
- March 6, 20
- April 3, 17
- May 1, 15
- June 5, 19
- July 10, 17
- August (no classes)
- September 4, 18
- October 2, 16
- November 6, 20
- December 4