

Course takes place on Saturdays from 12pm-2pm.

Look at the table below to see the full schedule and all days off:

09/16/2023	Somatic Asana
09/23/2023	Somatic Asana
09/30/2023	Somatic Asana
10/07/2023	Somatic Asana
10/14/2023	Pranayama
10/21/2023	Pranayama
10/28/2023	OFF
11/04/2023	Pranayama
11/11/2023	Pranayama
11/18/2023	Practice
11/25/2023	OFF
12/02/2023	Practice
12/09/2023	Sadana Overview
12/16/2023	Practice
12/23/2023	OFF
12/30/2023	OFF
01/06/2024	Meditation
01/13/2024	Meditation
01/20/2024	Meditation
01/27/2024	OFF
02/03/2024	Meditation
02/10/2024	Philosophy
02/17/2024	Philosophy
02/24/2024	OFF
03/02/2024	Philosophy
03/09/2024	Philosophy
03/16/2024	Sadhana
03/23/2024	Sadhana
03/30/2024	OFF
04/06/2024	Sadhana
04/13/2024	Sadhana