

	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun
	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
		1	2	3	4	5	6	7	8
6.00am	Sarah	Wong	Sarah	Jess	Sarah	Michael S	Tabata	Michael S	
teach or attend	Beginners Class	Beginners Class or 7am Dynamic class	Beginners Class	Beginners Class	Beginners Class or 7am Dynamic class	Beginners Class	Beginners Class or 7am Dynamic class	Beginners Class	Free Period / Pack up
	Sharing Circle	Pranayama + Meditation self practice	Pranayama + Meditation self practice	Pranayama + Meditation self practice	Pranayama + Meditation self practice	Pranayama + Meditation self practice	Pranayama + Meditation self practice	Pranayama + Meditation self practice	
8.00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Version 3								Michael S + Kara + Sarah	ALL
	PART B Orientation	Study and self practice	Study and self practice	Study and self practice	Study and self practice	Study and self practice	Study and self practice	20 Minute Assessment	Sharing Circle Conclusion
10.00am	(BSS)	(BSS)	(BSS)	(BSS)	(BSS)	(BSS)	(SR)	Michael S + Kara + Sarah	
	Asana Class	Asana Class	Asana Class	Asana Class	Asana Class	Asana Class	Asana Class	20 Minute Assessment	
12.30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
2.00pm	Kara	Michael S	Bettina		Sw Pujan	Lila	Michael S		
	Level 1 Variations Workshop	Journal Check + on-line assignments & self study	Yoga Mythology & Lineage Workshop	Self Study	Ashtanga Assessment talk	Restorative Yoga Workshop	final Journal Check + feedback	Self Study	
4.00pm	Jess	Michael S	Michael S	Sarah	Tabata	Davina	Michael S	Tabata	
teach or attend	Beginners Class	Beginners Class	Beginners Class	Beginners Class	Beginners Class	Beginners Class	Beginners Class	Beginners Class	
6.00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7.00pm	Sw Pujan	Sarah	Sw Pujan	Wong	Sw Pujan	Davina	Lila	Sw Pujan	
	Philosophy + Meditation	Yoga Nidra	Philosophy + Meditation	Meditation	Philosophy + Meditation	Philosophy + Meditation	5 Rythyms Meditation	Philosophy + Meditation	

Therapy

Therapy