

		Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Mon	Tues	Wed	Thu
		1	2	3	4	5	6	7	8	9	10	11	12
room 1	6.00.		Level 2 Class	Level 2 Class	General Class	General Class	General Class	General Class	Class Assess	Class Assess	Class Assess	Class Assess	
room 2	6.00.									Philosophy Pranayama Med assess	Philosophy Pranayama Med assess	Philosophy Pranayama Med assess	Led Practice with Sw Pujan
	8.00.		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	9.00.		Asana Teaching Clinic	Asana Teaching Clinic	Applied A + P and Therapy	Philosophy - an example of 10 min talks	Level 2 Props	Workshop Variations and Transitions	Ayurveda	Adho Mukha Vrksasana Workshop	Creating a Restorative Sequence Workshop	Kleishas	Sharing Circle
	10.30.		Break	Break		Break	Break	Break	Break	Break	Break	Break	
	11.00.		Asana Teaching Clinic	Asana Teaching Clinic	Applied A + P and Therapy	Pregnancy, Menstruation, Menopause	Adjustments and Corrections level 2 asanas	Adjustment and Corrections of Level_1 & 2 asanas	Teaching alternatives for Level 1 + 2 asanas when pregnant	Level 3 Asanas	Restorative Yoga Class	Where to from here	
	12.30.		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
	2.00.		Asana Teaching Clinic	Principles of Sequencing 2	Teaching Pranayama & Meditation	Practice Teaching	Practice teaching Variations level 1 asanas	Adjustment and Corrections of Level_1 & 2 asanas	Postural Alignment Pre-assessment + Practice for assessments	Postural Alignment assessment	Philosophy Meditation	Partner Yoga	
	3.30		Break	Break	Break	Break	Break	Break	Break	Break	Break	Break	
room 1	4.00.	Opening Circle	Teaching Pranayama & Meditation	Level 2 Class	practice session led by trainee	practice session led by trainee	practice session led by trainee	practice session led by trainee	practice session led by trainee	Philosophy Pranayama Med assess	Philosophy Pranayama Med assess	Philosophy Pranayama Med assess	
room 2	4.00.				General Class	General Class	General Class	General Class	Class Assess	Class Assess	Class Assess	Class Assess	
	6.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
	7.00.	Constructing a Yoga Nidra	Practice Teaching	Living the 8 Limbs	Yoga Nidra Pranayama	Yoga Nidra Pranayama	Yoga Nidra Pranayama	Free Time	Yoga Nidra Pranayama	Yoga Sutras	Philosophy Meditation	Yoga Nidra	