



### **Class schedule October 4th 2017 - December 17th 2017**

Thursday Night Short Form Ashtanga (SFA) will run from 7:15 - 8:30pm with a 45 min talk after each class. We will meet every Sunday (except for Thanksgiving weekend) 1-5pm. We will also meet on a few Saturdays throughout the training.

All classes are held at Pure Healing Yoga in the Emerson building.

- 10/4/17 7:30-9pm Meet at Pure Healing Yoga for an introduction and a "Meet & Greet".
- 10/5/17 SFA
- 10/8/17 Sunday Class (Asana, Meditation and Yoga Sutra)
- 10/12/17 SFA
- 10/15/17 Sunday Class (Asana, Yoga Meal, the business of yoga)
- 10/19/17 SFA
- 10/21/17 \*Special Saturday Class 12-2pm
- 10/22/17 Sunday Class (Eight Limbed Yoga Yama & Niyama)
- 10/26/17 SFA
- 10/29/17 Sunday Class (Yama & Niyama continued)
- 11/2/17 SFA

11/4/17     \*Special Saturday Class 12-2pm  
11/5/17     Sunday Class (Ethics of a yoga life and teaching)  
11/9/17     SFA  
11/12/17    Sunday Class  
11/16/17    SFA  
11/19/17    Sunday Class (Anatomy 101, Adjustments)  
Break for Thanksgiving  
11/30/17    SFA  
12/2/17     \*Special Saturday Class 12-2pm  
12/3/17     Sunday Class (Anatomy 102, Vinyasa)  
12/7/17     SFA  
12/10/17    Sunday Class (Vinyasa & class preparation)  
12/14/17    SFA  
12/15 -12/17     SILENT RETREAT



