



## 300 Hour Class Schedule for Required Contact Hours

Date	Day	Time	Topic	Instructor
Sept 2017				
9/22/17	Friday	6:00pm - 8:00pm	Yoga for Fertility and Yoga for Infants	Angela
9/23/17	Saturday	9:00am - 5:00pm	Yoga for Fertility and Yoga for Infants	Angela
9/24/17	Sunday	9:00am - 5:00pm	Prenatal Yoga	Kilee
Oct 2017				
10/20/17	Friday	6:00pm - 8:00pm	Yoga Play for Children, Yoga for Teens	Angela
10/21/17	Saturday	9:00am - 5:00pm	Yoga Play for Children, Yoga for Teens	Angela
10/22/17	Sunday	9:00am - 5:00pm	Yoga Play for Children, Yoga for Teens	Angela
Nov 2017				
11/10/17	Friday	6:00pm - 8:00pm	Vinyasa Krama	Beate
11/11/17	Saturday	9:00am - 5:00pm	Vinyasa Krama	Beate
11/12/17	Sunday	9:00am - 5:00pm	Vinyasa Krama	Beate
Dec 2017				
12/8/17	Friday	6:00pm - 8:00pm	Modifications for Special Populations	Ann
12/9/17	Saturday	9:00am - 5:00pm	Modifications for Special Populations	Ann
12/10/17	Sunday	9:00am - 5:00pm	Modifications for Special Populations	Ann
Jan 2018				
1/26/18	Friday	6:00pm - 8:00pm	Chakra Healing	Brien Egan
1/27/18	Saturday	9:00am - 5:00pm	Chakra Healing	Brien Egan



1/28/18	Sunday	9:00am - 5:00pm	Chakra Healing	Brien Egan
Feb 2018				
2/16/18	Friday	6:00pm - 8:00pm	Yoga Nidra and Yin Yoga	Christine
2/17/18	Saturday	9:00am - 5:00pm	Yoga Nidra and Yin Yoga	Christine
2/18/18	Sunday	9:00am - 5:00pm	Yoga Nidra and Yin Yoga	Christine
Mar 2018				
3/23/18	Friday	6:00pm - 8:00pm	Yoga for Chronic Pain & Arthritis	Ann
3/24/18	Saturday	9:00am - 5:00pm	Yoga for Chronic Pain & Arthritis	Ann
3/25/18	Sunday	9:00am - 5:00pm	Yoga for Chronic Pain & Arthritis	Ann
Apr 2018				
4/20/18	Friday	6:00pm - 8:00pm	Yoga for Stress Management	Beate
4/21/18	Saturday	9:00am - 5:00pm	Yoga for Stress Management	Beate
4/22/18	Sunday	9:00am - 5:00pm	Yoga for Stress Management	Beate
May 2018				
5/18/18	Friday	6:00pm - 8:00pm	Meditation, Mindfulness & Neuroscience	Dr. Kenneth Rose/ Beate
5/19/18	Saturday	9:00am - 5:00pm	Meditation, Mindfulness & Neuroscience	Dr. Kenneth Rose/ Beate
5/20/18	Sunday	9:00am - 5:00pm	Meditation, Mindfulness & Neuroscience	Dr. Kenneth Rose/ Beate
Jun 2018				
6/22/18	Friday	6:00pm - 8:00pm	Advanced Practices – Asanas & Pranayama	?/Jane
6/23/18	Saturday	9:00am - 5:00pm	Advanced Practices – Asanas & Pranayama	?/Jane
6/24/18	Sunday	9:00am - 5:00pm	Advanced Practices – Asanas & Pranayama	?/Jane
July 2018				
7/20/18	Friday	6:00pm - 8:00pm	Ayurveda: Tri – Doshic Practice	Jane
7/21/18	Saturday	9:00am - 5:00pm	Ayurveda: The Science	Dr. Sarkar



7/22/18	Sunday	9:00am - 5:00pm	Ayurveda: The Science	Dr. Sarkar
Aug 2018				
8/17/18	Friday	6:00pm - 8:00pm	Indian Head Massage or Abyanga	Jane
8/18/18	Saturday	9:00am - 5:00pm	Ayurvedic Diagnostic Techniques	Dr. Sarkar
8/19/18	Sunday	9:00am - 5:00pm	Ayurvedic Diagnostic Techniques	Dr. Sarkar
Sept 2018				
9/21/18	Friday	6:00pm - 8:00pm	Ayurveda and Yoga: Balancing the Doshas	Beate/Jane
9/22/18	Saturday	9:00am - 5:00pm	Ayurveda and Yoga: Balancing the Doshas	Beate/Jane
9/23/18	Sunday	9:00am - 5:00pm	Ayurveda and Yoga: Balancing the Doshas	Beate/Jane
Oct 2018				
10/19/18	Friday	6:00pm - 8:00pm	Observation, Adjustments & Hands On Assisting	Christine/Jane
10/20/18	Saturday	9:00am - 5:00pm	Observation, Adjustments & Hands On Assisting	Christine/Jane
10/21/18	Sunday	9:00am - 5:00pm	Observation, Adjustments & Hands On Assisting	Christine/Jane
Nov 2018				
11/16/18	Friday	6:00pm - 8:00pm	Integrative Yoga: Special Population Class	Jane
11/17/18	Saturday	9:00am - 5:00pm	Integrative Yoga: Special Population Class	Jane
11/18/18	Sunday	9:00am - 5:00pm	Integrative Yoga: Special Population Class / Graduation	Jane/ All