



300 Hour Class Schedule for Required Contact Hours

Date	Day	Time	Topic	Instructor
Dec 2018				
12/7/18	Friday	6:00pm - 8:00pm	Myofascial Release	Diane
12/8/18	Saturday	9:00am - 5:00pm	Myofascial Release	Diane
12/9/18	Sunday	9:00am - 5:00pm	Myofascial Release	Diane
Jan 2019				
1/11/19	Friday	6:00pm - 8:00pm	Yoga Nidra and Sacred Writing	Elaine
1/12/19	Saturday	9:00am - 5:00pm	Yoga Nidra and Sacred Writing	Elaine
1/13/19	Sunday	9:00am - 5:00pm	Yoga Nidra and Sacred Writing	Elaine
Feb				
2/8/19	Friday	6:00pm - 8:00pm	Yoga for Fertility and Yoga for Infants	Angela
2/9/19	Saturday	9:00am - 5:00pm	Yoga for Fertility and Yoga for Infants	Angela
2/10/19	Sunday	9:00am - 5:00pm	Prenatal Yoga	Angela
Mar				
3/15/19	Friday	6:00pm - 8:00pm	Yin Yoga	Christine
3/16/19	Saturday	9:00am - 5:00pm	Yin Yoga	Christine
3/17/19	Sunday	9:00am - 5:00pm	Yin Yoga	Christine
Apr				
4/12/19	Friday	6:00pm - 8:00pm	Vinyasa Krama	Beate
4/13/19	Saturday	9:00am - 5:00pm	Vinyasa Krama	Beate
4/14/19	Sunday	9:00am - 5:00pm	Vinyasa Krama	Beate



May				
5/17/19	Friday	6:00pm - 8:00pm	Yoga Play for Children, Yoga for Teens	Angela
5/18/19	Saturday	9:00am - 5:00pm	Yoga Play for Children, Yoga for Teens	Angela
5/19/19	Sunday	9:00am - 5:00pm	Yoga Play for Children, Yoga for Teens	Angela
Jun				
6/7/19	Friday	6:00pm - 8:00pm	Chakra Healing	Brien Egan
6/8/19	Saturday	9:00am - 5:00pm	Chakra Healing	Brien Egan
6/9/19	Sunday	9:00am - 5:00pm	Chakra Healing	Brien Egan
Jul				
7/12/19	Friday	6:00pm - 8:00pm	Modifications for Special Populations	Ann
7/13/19	Saturday	9:00am - 5:00pm	Modifications for Special Populations	Ann
7/14/19	Sunday	9:00am - 5:00pm	Modifications for Special Populations	Ann
Aug				
8/2/19	Friday	6:00pm - 8:00pm	Yoga for Chronic Pain & Arthritis	Ann
8/3/19	Saturday	9:00am - 5:00pm	Yoga for Chronic Pain & Arthritis	Ann
8/4/19	Sunday	9:00am - 5:00pm	Yoga for Chronic Pain & Arthritis	Ann
Sep				
9/6/19	Friday	6:00pm - 8:00pm	Advanced Practices – Asanas & Pranayama	Jane
9/7/19	Saturday	9:00am - 5:00pm	Advanced Practices – Asanas & Pranayama	Jane 3 hr/Lian 5 hr
9/8/19	Sunday	9:00am - 5:00pm	Advanced Practices – Asanas & Pranayama	Jane 3 hr/Lian 5 hr
Oct				
10/4/19	Friday	6:00pm - 8:00pm	Meditation, Mindfulness & Happiness	Dr. Kenneth Rose/ Beate
10/5/19	Saturday	9:00am - 5:00pm	Meditation, Mindfulness & Happiness	Dr. Kenneth Rose/ Beate
10/6/19	Sunday	9:00am - 5:00pm	Meditation, Mindfulness & Happiness	Dr. Kenneth Rose/ Beate



Nov				
11/1/19	Friday	6:00pm - 8:00pm	Yoga for Stress Management	Beate
11/2/19	Saturday	9:00am - 5:00pm	Yoga for Stress Management	Beate
11/3/19	Sunday	9:00am - 5:00pm	Yoga for Stress Management	Beate
Dec				
12/6/19	Friday	6:00pm - 8:00pm	Trauma Informed Yoga & Ayurveda	Christine Harrell
12/7/19	Saturday	9:00am - 5:00pm	Trauma Informed Yoga & Ayurveda	Christine Harrell
12/8/19	Sunday	9:00am - 5:00pm	Trauma Informed Yoga & Ayurveda	Christine Harrell
Jan 2020				
1/10/20	Friday	6:00pm - 8:00pm	Ayurveda: Nurturing the Senses	Jane
1/11/20	Saturday	9:00am - 5:00pm	Ayurveda: Dinacharya and Doshas	Dr. Sarkar
1/12/20	Sunday	9:00am - 5:00pm	Ayurveda: Yoga Therapy	Dr. Sarkar
Feb				
2/7/20	Friday	6:00pm - 8:00pm	Qigong	Jane
2/8/20	Saturday	9:00am - 5:00pm	Five Element Theory, Ayurveda and Yoga	Muning
2/9/20	Sunday	9:00am - 5:00pm	Five Element Theory, TCM and Yoga	Muning
Mar				
3/6/20	Friday	6:00pm - 8:00pm	Hands on Adjustments and Healing	Jane
3/7/20	Saturday	9:00am - 5:00pm	Hands on Adjustments and Healing	Muning
3/8/20	Sunday	9:00am - 5:00pm	Hands on Adjustments and Healing	Jane
(NEW COURSE)				
March				
3/20/20	Friday	6:00pm - 8:00pm	Modifications for Special Populations	Ann
3/21/20	Saturday	9:00am - 5:00pm	Modifications for Special Populations	Ann



3/22/20	Sunday	9:00am - 5:00pm	Modifications for Special Populations	Ann
MAY				
5/1/20	Friday	6:00pm - 8:00pm	Chanting Workshop	Sumeda
5/2/20	Saturday	9:00pm - 5:00pm	Ayurvedic Yoga Therapy	Dr. Sarkar
5/3/20	Sunday	9:00pm - 5:00pm	Ayurvedic Yoga Therapy	Dr. Sarkar
June				
6/5/20	Friday	6:00pm-8:00pm	Myofascial Release	Linda Melochick
6/6/20	Saturday	9:00pm - 5:00pm	Myofascial Release	Linda Melochick
6/7/20	Sunday	9:00pm - 5:00pm	Myofascial Release	Linda Melochick
July				
7/3/20	Friday	6:00pm-8:00pm	Chakra Healing	Brian Egen
7/4/20	Saturday	9:00pm-5:00pm	Chakra Healing	Brian Egen
7/5/20	Sunday	9:00pm - 5:00pm	Chakra Heiling	Brian Egen