



## FOUNDATIONS OF YOGA THERAPY, PART 2

February 16–March 24, 2024

**Jaime Boswell, Ellen Schaeffer, Tam Terry, and more**

### ONLINE SCHEDULE

#### FRIDAYS

**FEBRUARY 16 & 23; MARCH 1, 8, 15, 22**

2:00–5:00 pm

#### SATURDAYS

**FEBRUARY 17 & 24; MARCH 2, 9, 16, 23**

9:00–12:00 pm

2:00–5:00 pm

#### SUNDAYS

**FEBRUARY 18 & 25; MARCH 3, 10, 17, 24**

9:00–12:00 pm

#### MONDAYS

**FEBRUARY 19 & 26; MARCH 4, 11, 18**

9:00–11:00 am

#### WEDNESDAYS

**FEBRUARY 21 & 28; MARCH 6, 13, 20**

6:30–8:30 pm

**\*Please note** All times are EST and subject to change.