



PRANAYAMA, MUDRA, AND SUBTLE ANATOMY APPLIED IN YOGA THERAPY
March 5–28, 2021
Cathy Prescott, Kaelash Neels, and Ellen Schaeffer

MARCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 9:00 am–12:00 pm 2:00–5:00 pm	6 9:00 am–12:00 pm 2:00–5:00 pm
	7 9:00 am–12:00 pm	8	9	10	11	12 9:00 am–12:00 pm 2:00–5:00 pm	13 9:00 am–12:00 pm 2:00–5:00 pm
	14 9:00 am–12:00 pm	15	16	17	18	19 9:00 am–12:00 pm 2:00–5:00 pm	20 9:00 am–12:00 pm 2:00–5:00 pm
	21 9:00 am–12:00 pm	22	23	24	25	26 9:00 am–12:00 pm 2:00–5:00 pm	27 9:00 am–12:00 pm 2:00–5:00 pm
	28 9:00 am–12:00 pm	29	30	31			

Please note Times are subject to change. All times are EST and will be streamed live via Zoom.