



## 200-HOUR FOUNDATIONS OF AYURVEDA

**Erin Casperson and Rachel de Simone**

**WEDNESDAY, SEPTEMBER 18**

4:00–6:00 pm

**FRIDAY, SEPTEMBER 20**

9:00 am–12:00 pm

2:00–4:00 pm

**SATURDAY, SEPTEMBER 21**

9:00 am–12:00 pm

2:00–4:00 pm

**SUNDAY, SEPTEMBER 22**

9:00 am–1:00 pm

**WED., SEPT. 25 & OCT. 2, 9, 16**

4:00–6:00 pm

**FRIDAY, OCTOBER 18**

9:00 am–12:00 pm

2:00–4:00 pm

**SATURDAY, OCTOBER 19**

9:00 am–12:00 pm

2:00–4:00 pm

**SUNDAY, OCTOBER 20**

9:00 am–1:00 pm

**WED., OCT. 23, 30 & NOV. 6**

4:00–6:00 pm

**FRIDAY, NOVEMBER 8**

9:00 am–12:00 pm

2:00–4:00 pm

**SATURDAY, NOVEMBER 9**

9:00 am–12:00 pm

2:00–4:00 pm

**SUNDAY, NOVEMBER 10**

9:00 am–1:00 pm

**WED., NOV. 13, 20 & DEC. 4, 11**

4:00–6:00 pm

**FRIDAY, DECEMBER 13**

9:00 am–12:00 pm

2:00–4:00 pm

**SATURDAY, DECEMBER 14**

9:00 am–12:00 pm

2:00–4:00 pm

**SUNDAY, DECEMBER 15**

9:00 am–1:00 pm

**WED., DEC. 18 & JAN. 8**

4:00–6:00 pm

**FRIDAY, JANUARY 10**

9:00 am–12:00 pm

2:00–4:00 pm

**SATURDAY, JANUARY 11**

9:00 am–12:00 pm

2:00–4:00 pm

**SUNDAY, JANUARY 12**

9:00 am–1:00 pm

**WED., JAN. 15, 22, 29 & FEB. 5**

4:00–6:00 pm

**FRIDAY, FEBRUARY 7**

9:00 am–12:00 pm

2:00–4:00 pm

**SATURDAY, FEBRUARY 8**

9:00 am–12:00 pm

2:00–4:00 pm

**SUNDAY, FEBRUARY 9**

9:00 am–1:00 pm

**WED., FEB. 12, 19, 26 & MARCH 5**

4:00–6:00 pm

**FRIDAY, MARCH 7**

9:00 am–12:00 pm

2:00–4:00 pm

**SATURDAY, MARCH 8**

9:00 am–12:00 pm

2:00–4:00 pm

**SUNDAY, MARCH 9**

9:00 am–1:00 pm

**WEDNESDAY, MARCH 12**

4:00–6:00 pm