



TEACHING PRANAYAMA
Essential Practices for Yoga Teachers
Michelle Dalbec and Christopher Holmes

ONLINE SCHEDULE

THURSDAY, 10/5

6:00-8:00 pm

FRIDAY, 10/6–SUNDAY, 10/8

7:30–8:15 am

9:00–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

WEDNESDAY, 10/11

6:00–7:30 pm

FRIDAY, 10/20–SUNDAY, 10/22

7:30–8:15 am

9:00–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

WEDNESDAY, 10/25

6:00–7:30 pm

FRIDAY, 11/3 & SATURDAY, 11/4

7:30–8:15 am

9:00–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

SUNDAY, 11/5

7:30–8:15 am

9:00–12:00 pm