



YOGA THERAPY APPLICATIONS WITHIN THE MENTAL-HEALTH FIELD  
January 22–February 14, 2021  
Mary Northey, Freedom Cole, Ellen Schaeffer, and Cathy Prescott

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week One</b>						<b>January 22</b> 9:00 am–12:00 pm 2:00–5:00 pm	<b>January 23</b> 9:00 am–12:00 pm 2:00–5:00 pm
<b>Week Two</b>	<b>January 24</b> 9:00 am–12:00 pm	<b>January 25</b>	<b>January 26</b>	<b>January 27</b>	<b>January 28</b>	<b>January 29</b> 9:00 am–12:00 pm 2:00–5:00 pm	<b>January 30</b> 9:00 am–12:00 pm 2:00–5:00 pm
<b>Week Three</b>	<b>January 31</b> 9:00 am–12:00 pm	<b>February 1</b>	<b>February 2</b>	<b>February 3</b>	<b>February 4</b>	<b>February 5</b> 9:00 am–12:00 pm 2:00–5:00 pm	<b>February 6</b> 9:00 am–12:00 pm 2:00–5:00 pm
<b>Week Four</b>	<b>February 7</b> 9:00 am–12:00 pm	<b>February 8</b>	<b>February 9</b>	<b>February 10</b>	<b>February 11</b>	<b>February 12</b> 9:00 am–12:00 pm 2:00–5:00 pm	<b>February 13</b> 9:00 am–12:00 pm 2:00–5:00 pm
<b>Week Five</b>	<b>February 14</b> 9:00 am–12:00 pm						

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