



TEACHING ADAPTIVE YOGA: BROADEN YOUR SKILLS  
February 18–March 21, 2021  
Sudha Carolyn Lundeen, Janna Delgado, and Sam Chase

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

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



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