



FOUNDATIONS OF YOGA THERAPY, PART 1

April 16–May 15, 2021

Cathy Prescott, Kaelash Neels, Ellen Schaeffer, and more

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

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



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							1 9:00 am–12:00 pm 2:00–5:00 pm
	2 9:00 am–12:00 pm	3 9:00–10:15 am (optional)	4	5 7:00–8:00 pm (optional)	6	7 9:00 am–12:00 pm 2:00–5:00 pm	8 9:00 am–12:00 pm 2:00–5:00 pm
	9 9:00 am–12:00 pm	10 9:00–10:15 am (optional)	11	12 7:00–8:00 pm (optional)	13	14 9:00 am–12:00 pm 2:00–5:00 pm	15 9:00 am–12:00 pm 2:00–5:00 pm
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