



Teaching Pranayama: Essential Practices for Yoga Teachers
May 20–June 20, 2021
Janna Delgado and Michelle Dalbec

May	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
						7:30–8:15 am 9:00am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm	7:30–8:15 am 9:00am–12:00 pm 2:00–4:00 pm 4:30–6:00 pm
23	24	25	26	27	28	29	
30	31						

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



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				6:00–7:30 pm			
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