



Foundations of Yoga Therapy, Part 2  
 July 16–August 15, 2021  
 Ellen Schaeffer, Marlysa Sullivan, and more

July	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	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 6:30–8:00 pm	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 6:30–8:00 pm	29	30 9:00 am–12:00 pm 2:00–5:00 pm	31 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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August	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00 am–12:00 pm	<b>2</b> 9:00–10:15 am (optional)	<b>3</b>	<b>4</b> 6:30–8:00 pm	<b>5</b>	<b>6</b> 9:00 am–12:00 pm  2:00–5:00 pm	<b>7</b> 9:00 am–12:00 pm  2:00–5:00 pm
	<b>8</b> 9:00 am–12:00 pm	<b>9</b> 9:00–10:15 am (optional)	<b>10</b>	<b>11</b> 7:00–8:00 pm (optional)	<b>12</b>	<b>13</b> 9:00 am–12:00 pm  2:00–5:00 pm	<b>14</b> 9:00 am–12:00 pm  2:00–5:00 pm
	<b>15</b> 9:00 am–12:00 pm	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	<b>29</b>	<b>30</b>	<b>31</b>				

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