



EMBODYING THE PRINCIPLES OF AYURVEDA IN YOGA THERAPY

September 10–October 3, 2021

Freedom Cole, Erin Casperson, and Janna Delgado

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

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



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3 9:00–11:00 am	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

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