



UNITING YOGA AND AYURVEDA
KATE O'DONNELL and ERIN CASPERSON

ONLINE
(FEBRUARY 28–MARCH 27)

FRIDAY, FEBRUARY 28

4:00-6:00 pm

SATURDAY, MARCH 1

6:30-8:30 am

9:00-12:00 pm

2:00-4:00

4:30-6:00

SUNDAY, MARCH 2

6:30-8:30 am

9:00-12:00 pm

2:00-4:00

4:30-6:00

THURSDAY, MARCH 6

4:00-6:00 pm

THURSDAY, MARCH 13

4:00-6:00 pm

THURSDAY, MARCH 20

4:00-6:00 pm

THURSDAY, MARCH 27

4:00-6:00 pm

ON CAMPUS
(MARCH 30–APRIL 6)

OPENING DAY

2:00 pm

4:45-6:00

5:30-7:00

7:00-8:30

Check-in begins
Kripalu Yoga class
Dinner

Program Session

DAILY

6:30-8:00

8:30-9:00 am

9:00-12:00 pm

12:00-1:30 pm

2:00-4:00

4:30-6:00

5:30-7:30

Program Session

Silent Breakfast

Program Session

Lunch

Program Session

Program Session

Dinner

CLOSING DAY

6:30-8:30

8:30-9:00 am

9:00-11:00

11:30 am-1:30 pm

Program Session

Silent Breakfast

Program Session

Lunch and Departure