



GUIDING MEDITATION FOR TRANSFORMATIONAL YOGA TEACHING

Sam Chase and Cristie Newhart

THURSDAY, OCTOBER 31

6:00–8:00 pm

FRIDAY, NOVEMBER 1

7:30–8:15 am

9:00 am–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

SATURDAY, NOVEMBER 2

7:30–8:15 am

9:00 am–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

SUNDAY, NOVEMBER 3

7:30–8:15 am

9:00 am–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

TUESDAY, NOVEMBER 12

6:0–7:30 pm

FRIDAY, NOVEMBER 15

7:30–8:15 am

9:00 am–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

SATURDAY, NOVEMBER 16

7:30–8:15 am

9:00 am–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

SUNDAY, NOVEMBER 17

7:30–8:15 am

9:00 am–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

TUESDAY, NOVEMBER 19

6:0–7:30 pm

FRIDAY, DECEMBER 6

7:30–8:15 am

9:00 am–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

SATURDAY, DECEMBER 7

7:30–8:15 am

9:00 am–12:00 pm

2:00–4:00 pm

4:30–6:00 pm

SUNDAY, DECEMBER 8

7:30–8:15 am

9:00 am–12:00 pm

Please note Times are subject to change. All times are EST.