



FOUNDATIONS OF YOGA THERAPY, PART 2

March 7–April 13, 2025

Ellen Schaeffer, Tam Terry, Jen Stuart, and more

ONLINE SCHEDULE

FRIDAYS

MARCH 7, 14, 21, 28 + APRIL 4, 11

2:00–5:00 pm

SATURDAYS

MARCH 8, 15, 22, 29 + APRIL 5, 12

9:00–12:00 pm

2:00–5:00 pm

SUNDAYS

MARCH 9, 16, 23, 30 + APRIL 6, 13

9:00–12:00 pm

MONDAYS

MARCH 10, 17, 24, 31 + APRIL 7

9:00–11:00 am

WEDNESDAYS

MARCH 12, 19, 26 + APRIL 2, 9

6:30–8:30 pm

***Please note** All times are EST and subject to change.