



GUIDING MEDITATION FOR TRANSFORMATIONAL YOGA TEACHING  
 December 2–13, 2020  
 Steven Leonard, Jurian Hughes, and Monique Shubert

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week One</b> November 30– December 6			6:30–8:30 pm	7:00–7:45 am	7:00–7:45 am	7:00–7:45 am	7:00–7:45 am
				9:00 am–12:00 pm	9:00 am–12:00 pm	9:00 am–12:00 pm	9:00 am–12:00 pm
				2:00–4:00 pm	2:00–4:00 pm	2:00–4:00 pm	2:00–4:00 pm
				4:30–6:00 pm	4:30–6:00 pm	4:30–6:00 pm	
<b>Week Two</b> December 7–13				7:00–7:45 am	7:00–7:45 am	7:00–7:45 am	7:00–7:45 am
		9:00–9:45 am	9:00–9:45 am	9:00 am–12:00 pm	9:00 am–12:00 pm	9:00 am–12:00 pm	9:00 am–12:00 pm
				2:00–4:00 pm	2:00–4:00 pm	2:00–4:00 pm	
				4:30–6:00 pm	4:30–6:00 pm	4:30–6:00 pm	
	6:30–7:30 pm		6:30–8:30 pm				

**Please note** Times are subject to change. All times are EST and will be streamed live via Zoom. Attendance is required for all sessions. Students not on the East Coast will be allowed to watch recordings of early morning classes.