

TIME	MONDAY 9 Feb	TUESDAY 10 Feb	WED 11 Feb *	THURSDAY 12 Feb	FRIDAY 13 Feb *	SAT 14 Feb	SUN 15 Feb
6.30 – 7.45 am	Pranayama EMIL	Pranayama EMIL		Pranayama EMIL		Pranayama EMIL	
8 – 10 am except Wed & Frid	8-10am Asana – including Vrksasana, Garudasana, Utkatasana DAVID	8-10am Asana – Vinyasa Flow JODI	7.30 – 9.30am Self Practice @ Brahmani	8-10am Asana Ashtanga Primary DAVID	7.30 – 9.30am Self Practice @ Brahmani	8-10am Asana- Vinyasa Flow JODI	
	1.30 – 4.30pm Anatomy CHRIS	1.30 – 3.30pm Alignment Uttanasana, Padangusthasana & Padahasthasana DAVID	1.30 – 4.30pm Anatomy CHRIS	1.30 – 3.30 pm Philosophy EMIL	1.30 – 4.30pm Anatomy CHRIS		
	5-6.30pm Interplay SUE	4 – 6 pm Ayurvedic Philosophy Review & Vata Dosha Theory & Incompatible Foods JANE	5 - 6.30 pm Interplay & Bhajans SUE	4 – 6.30 pm Women's Health – Menstruation Sequence JODI	5 - 6.30 pm Alignment & Adjustments Virabhadrasana 1 & Suryanamaskars DAVID		

TIME	MONDAY 2 March	TUESDAY 3 March	WED 4 March *	THUR 5 March	FRIDAY 6 March *	SAT 7 March	SUN 8 Mar
6.30 – 7.45 am	Pranayama EMIL	Pranayama EMIL		Pranayama EMIL		Pranayama EMIL	
8 – 10 am except Wed & Fridays	Asana DAVID	Asana – Vinyasa Flow JODI	7.30 – 9.30am Self Practice @ Brahmani	Asana DAVID	7.30 – 9.30am Self Practice @ Brahmani	Asana – Vinyasa Flow JODI	
	1.30-3.30pm Alignment Dandasana & Paschimottanasana & Purvottanasana DAVID	1.30-3.30pm Philosophy Ayurveda Ama/ Agni/ DPA JANE	1.30-3.30pm Alignment Ardha Badha Padma Paschimottanasana & Triang Mukha Eka Pada Paschimottanasana DAVID	1.30-3.30pm Philosophy EMIL	1.30-3.30pm Philosophy Ayurveda Prapaka & Vipaka Digestion & Prakriti Questionnaire JANE		
	4-6pm Restorative Yoga JODI	4-6pm Practical Teaching, voice, presentation etc Teach 2 poses JULIE	4-6pm Practical Teaching Teach 3 poses to a partner DAVID & JANE	4-6pm Alignment Janu Sirsasana & Marichyasana A DAVID	4-6pm Practical Teaching 20 min sequence (4 groups) DAVID & JANE		

TIME	MONDAY 16 March	TUESDAY 17 March	WEDNESDAY 18 March *	THURSDAY 19 March	FRIDAY 20 March *	SAT 21 March	SUN 22 March
6.30 – 7.45 am	Pranayama EMIL	Pranayama EMIL		Pranayama EMIL		Pranayama EMIL	
8 – 10 am except Wed & Fridays	Asana DAVID	Asana – Vinyasa Flow JODI	7.30 – 9.30 am Self Practice @ Brahmani	Asana DAVID	7.30 – 9.30am Self Practice @ Brahmani	8-9am Breakfast @ Satsanga	
	1.30-3.30pm Alignment Backbends Salabhasana, Prep Backbend & Urdhva Dhanurasana DAVID	1.30-3.30pm Philosophy Ayurvedic Short Cleanses Yavagoo, Peya etc (samples) JANE	1.30-3.30pm Practical Teaching 20 min sequences (4 groups) DAVID & JANE	1.30-3.30pm Philosophy EMIL	1.30-3.30pm Practical Teaching 20 min sequences (4 groups) DAVID & JANE	9.30am - ? Philosophy Production	
	4-6pm Women's Health – Prenatal Yoga JODI	4-6pm Practical Teaching 20 min sequences (4 groups) JULIE	4-6pm Philosophy Production Preparation Time at Satsanga JANE	4-6pm Alignment – Arm Balances Handstands & Forearm Balances DAVID	4-6pm Ayurvedic Cooking Lesson MANI		