

SHAKTI SPIRIT LEVEL 1 GOA 2010 TIMETABLE
WEEK 3

MONDAY 22 Feb	TUESDAY 23 Feb	WEDNESDAY 24 Feb	THURSDAY 25 Feb	FRIDAY 26 Feb	SAT 27 Feb	SUN 28 Feb	CLASS TIMES
<p>PRANAYAMA (1.15hr) <u>EMIL</u></p> <p>ASANA – (2hr) (Techniques)</p> <p><u>RACHEL & JODI</u></p>	<p>PRANAYAMA (1.15hr) <u>EMIL</u></p> <p>ASANA – (2hr) (Techniques)</p> <p>SELF PRACTICE</p> <p><u>RACHEL & JODI</u></p>	<p>PRANAYAMA (1.15hr) <u>EMIL</u></p> <p>ASANA – (2hr) (Techniques)</p> <p><u>JODI & RACHEL</u></p>	<p>PRANAYAMA (1.15hr) <u>EMIL</u></p> <p>ASANA – (2hr) (Techniques)</p> <p>CHAKRA SEQUENCE</p> <p><u>RACHEL & JODI</u></p>	<p>PRANAYAMA (1.15hr) <u>EMIL</u></p> <p>ASANA – (2hr)</p> <p>SELF PRACTICE</p> <p><u>RACHEL & JODI</u></p>	<p>PRANAYAMA (1.15hr) <u>EMIL</u></p> <p>8-10am FINAL ANATOMY CLASS</p> <p><u>CHRIS</u></p>	Free Time	6.30-10am
<p>1-4pm</p> <p>ANATOMY</p> <p><u>CHRIS</u></p> <p>4.30-6pm PHILOSOPHY</p> <p>CHAKRA THEORY</p> <p><u>RACHEL</u></p>	<p>12.30-2.30pm</p> <p>TEACHING METHODOLOGY <i>Assisting, Adjusting</i> <i>& cautions & benefits</i></p> <p><u>RACHEL & JODI</u></p> <p>3.30-6.30pm PHILOSOPHY</p> <p>YANTRA CREATION</p> <p><u>RACHEL Z</u></p>	<p>1-4pm</p> <p>ANATOMY</p> <p><u>CHRIS</u></p> <p>4.30-5.30/6pm</p> <p>BHAJANS</p> <p><u>SUE</u></p>	<p>1-3pm</p> <p>TEACHING METHODOLOGY <i>Assisting, Adjusting</i> <i>& cautions & benefits</i></p> <p>DISCUSS 20 MIN SEQUENCES FOR NEXT WEEK</p> <p><u>RACHEL & JODI</u></p> <p>3.30-5.30pm YOGIC PHILOSOPHY</p> <p><u>EMIL</u></p>	<p>1-4pm</p> <p>ANATOMY</p> <p><u>CHRIS</u></p>			