

Yoga Life Training Summer 2019 Schedule

Plus Additional Free and Discounted Programs of Your Choice

DATE	TIME	PROGRAM
Saturday, June 1	11 a.m. to 1 p.m.	Welcome and Orientation
Thursday, June 6	7 to 9 p.m.	Discover Integral Yoga Course Session 1 of 4
Saturday, June 8	1:30 to 3:30 p.m.	Health Workshop with Manu Dawson
Monday, June 10	7 to 8:15 p.m.	Spiritual Workshop with Swami Asokananda
Thursday, June 13	7 to 9 p.m.	Discover Integral Yoga Course Session 2 of 4
Saturday, June 15	1 to 2 p.m.	Yoga Life Training Group Lunch 1 of 6
Thursday, June 20	7 to 9 p.m.	Discover Integral Yoga Course Session 3 of 4
Thursday, June 27	7 to 9 p.m.	Discover Integral Yoga Course Session 4 of 4
Saturday, June 29	1 to 2 p.m.	Yoga Life Training Group Lunch 2 of 6
Wednesday, July 10	7 to 9 p.m.	Meditation Course with Swami Chidananda: Session 1 of 3
Saturday, July 13	1:30 to 3:30 p.m.	Weight and Fat Loss Workshop with Manu Dawson
Wednesday, July 17	7 to 9 p.m.	Meditation Course with Swami Chidananda: Session 2 of 3
Saturday, July 20	1 to 2 p.m.	Yoga Life Training Group Lunch 3 of 6
Wednesday, July 24	7 to 9 p.m.	Meditation Course with Swami Chidananda: Session 3 of 3
Saturday, August 3	1 to 2 p.m.	Yoga Life Training Group Lunch 4 of 6
Saturday, August 10	1:30 to 3:30 pm	Healthy Vegetarian Workshop with Many Dawson
Saturday, August 17	1 to 2 p.m.	Yoga Life Training Group Lunch 5 of 6
Saturday, August 31	1 to 3 p.m.	Yoga Life Training Group Lunch 6 of 6 Graduation Ceremony

OM Shanthi