

Yoga Life Training Fall 2019 Schedule

DATE	TIME	PROGRAM
Thursday, September 19	7:00 to 8:00 p.m.	Welcome and Orientation
Saturday, September 21	10 a.m. to 12 p.m. 1 to 2 p.m. 2:15 to 5 p.m.	History of IYI and Sw. Satchidananda Yoga Life Training Lunch Raja Yoga Course Session 1 of 6
Saturday, September 28	1 to 2 p.m. 2:15 to 5 p.m.	Yoga Life Training Lunch Raja Yoga Course Session 2 of 6
Thursday, October 3	7:00 to 9:00 p.m.	Fundamentals of Integral Yoga Session 1 of 4
Saturday, October 5	1 to 2 p.m. 2:15 to 4 p.m.	Yoga Life Training Lunch Raja Yoga Course Session 3 of 6
Thursday, October 10	7:00 to 9:00 p.m.	Fundamentals of Integral Yoga Session 2 of 4
Saturday, October 12	10am to 12p.m. 1 to 2 p.m. 2:15 to 4 p.m.	Field Trip to Rubin Museum Yoga Life Training Lunch Raja Yoga Course Session 4 of 6
Thursday, October 17	7:00 to 9:00 p.m.	Fundamentals of Integral Yoga Session 3 of 4
Saturday, October 19	1 to 2 p.m. 2:15 to 4 p.m.	Yoga Life Training Lunch Raja Yoga Course Session 5 of 6
Thursday, October 24	7:00 to 9:00 p.m.	Fundamentals of Integral Yoga Session 4 of 4
Saturday, October 26	1 to 2 p.m. 2:15 to 4 p.m.	Yoga Life Training Lunch Raja Yoga Course Session 6 of 6
Monday, October 28	6:30 to 8:30 p.m.	Yoga for Insomnia With Chandra
Wednesday November 6	7:00 to 8:30 p.m	Surfing the Waves of Life The Theory and Practice of Karma Yoga Workshop with Swami Asokananda
Thursday, November 7	7:00 to 9:00 p.m	Meditation Course 1 of 3 With Rev. Sam Rudra Swartz
Thursday, November 14	7:00 to 9:00 p.m	Meditation Course 2 of 3 With Rev. Sam Rudra Swartz
Saturday, November 16	10am to 12 p.m.	Bhakti Yoga & Puja: The Yoga of Devotion Workshop with Kali
Monday, November 18	7 to 8:30 p.m.	Jnana Yoga: Yoga of the Intellect Workshop with Swami Asokananda
Thursday, November 21	7:00 to 9:00 p.m.	Meditation Course 3 of 3 With Rev. Sam Rudra Swartz
December		Free programs to be announced
Thursday, December 19	6:30 to 8:30 p.m.	Yoga Life Training Completion Ceremony and Celebration