

**Key to Required Live or On Demand Classes over 12 months**

NAME of CLASS	DATE	LIVE/OND EMAND	THEME OF CLASS	NOTES ON CLASS
<b>*Select from a variety of SomaYoga teachers - required to sample minimum of 5 different teachers.</b>				
1				
2				
3				
4				
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11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
<b>Total Classes = 24</b>				