

	TT200 38--Weekend 1	Oct 6-8, 2023
FRIDAY	SATURDAY	SUNDAY
	Reminder to arrive 5-10 min early so we can start on time at 8:00	Reminder to arrive 5-10 min early so we can start on time at 8:00
	SomaYoga Begin Class 2	SomaYoga Begin Class 3
	A&C - Ann	Backlift - Ann
	8-9:30am	8-9:30am
9:45 arrival	9:30-10am Breakfast	9:30-10am Breakfast
Welcome, Introductions and Expectations	SomaYoga Approach to Classic Asana	Homework Best Practices
Ann & Molly	SomaYoga Approach to Classic Asana	10-11:15 e-campus intro
10-11:30am	Mountain, FF & Pelvic Stability	Ann & Susan
Beginning Class 1-- A&F	Ann	Diaphragmatic Breathing
11:45-1pm Ann	10-1pm	Systematic Relaxation
		Ann
		11:30 - 1pm + Karma Chores
Lunch	Lunch	Lunch
1-2:30	1-2:30	1-2:00
		Therapeutic Techniques
Foundations: What is Yoga	SomaYoga Approach to Classic Asana	Intro to Therapeutic Strip Course
8 Limbs	Wide FF, Pyramid, & Chair, Warrior I	with short Dyad
Edges Intro		Molly
Molly	Ann	2:00 - 4pm
2:30-5:30	2:30-5:30	Closing
	5:30-6 close	4-4:30pm