

	TT200.38 Weekend 2	Nov 10-12, 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
Reminder to arrive 5-10 min early so we can start on time at 9:00	SomaYoga Begin Class 4	SomaYoga Begin Class 5
	Sidecurl - Ann	Diag A&C Ann
Opening & Yamas Insight	8-9:30am	8-9:30am
9:00-10:00 Molly	9:30-10 Breakfast	9:30-10 Breakfast
		Homework review
	SomaYoga Approach	SomaYoga Approach to
Intro to Relaxation:SomaRelax	to Classic Asana*	Anatomy of Breathing
Relaxation	Chair, Tree & Warrior 1	Breath holding patterns
Molly		Ann
	Ann	10-1pm
10-1pm	10-1pm	
Lunch	Lunch	Lunch
1-2:30	1-2:30	1-2:00
		Asana Dyad Practicum
On Being A Teacher	SomaYoga Approach	with Systematic Relaxation
Preparing for Practicums	to Classic Asana*	Preparing for Dyads May 21
Teaching Principles 109-112	Warrior II, Ext Side Angle,	Dyad 1 2-2:45pm
Best Practices for Dyads	Triangle	Break 2:45-3:00pm
Molly	Ann	Dyad 2 3:00-3:45pm
2:30-5:30pm	2:30-5:30pm	Break 3:45-4:00
Conference rm	5:30-6 close	Debrief & Closure 4:00-4:30pm