

	TT200.38 Weekend 3	December 1-3, 2023
FRIDAY	SATURDAY	SUNDAY
Reminder to arrive 10-15 min early so we can start on time at 9:00	SomaYoga Begin Class 6 Washcloth	SomaYoga Begin Class 8 Seated Rotation
Opening & Ahimsa 9:00-10:00 Molly	8-9:30am Molly/Ann 9:30-10 breakfast	8-9:30am Molly/Ann 9:30-10 breakfast
	Discover Ayurveda	homework review
	Ayurveda 101*	Breathing details, practical application
Antakrانا - Mind Map		Prana Vayus
		Nadi Shodanam
Molly 10-1pm	Molly 10-1pm	Molly 10-12:45 12:45-1pm Karma Chores
1-2:30pm Lunch	1-2:30pm Lunch	Lunch 1-2:00
	Ayurvedic Selfcare	Accessible Yoga
	Inner Cleansing*	Creating a Space for Everyone
Mind & Kleshas Moving Beyond the Causes of Suffering	Dinacharya	Chronic Pain, SAD, Unique Populations Preparing for Inhouse Practicum - sign up
	Neti Pot	Molly
		2-4:30pm
Molly 2:30-5:30pm	Molly 2:30-5:30	
	5:30-6 connect & close	Please bring personal Neti Pots washcloth & hand towel for weekend practices