

|   | TT200 - 38 Weekend 4   | Jan 5-7, 2024  |
|---|--|--|
| FRIDAY  | SATURDAY   | SUNDAY   |
|   | Reminder to arrive 5-10 min early so we can start on time at <b>8:00</b> | Reminder to arrive 5-10 min early so we can start on time at <b>8:00</b> |
| Reminder to arrive 5-10 min early so we can start on time at 9:00 | SomaYoga Begin Class 7   | Student Practicum  |
| Opening & Satya -Ann M  | Sun Salutation   | Student: ; Faculty: Ann  |
| 9:00-9:45   | 8-9:30am Sarah Hu  | 8-9:00am Class 9-9:30 Feedback   |
| 9:45-10:00 Break  | 9:30-10am breakfast  | 9:30-10am Breakfast  |
|   |  | Dyad Practice with spinal strip  |
| Making A Change 2   | What's Up Down There?!   | Dyad 1 10-11am(Ann)  |
|   |  | Feedback & Break 11-11:15am  |
|   |  | Dyad 2 11:15-12:15pm   |
| Ann M   | Ann M  | Feedback & Break 12:15-12:30pm(Ann)                                      |
| 10-1  | 10-1   | Debrief Dyads 12:30-1pm  |
| Lunch   | Lunch  | Lunch  |
| 1-2:30  | 1-2:30   | 1-2:00   |
|   |  | Homework Grid  |
| SomaYoga Approach to Classic Asana Sun Salutations                | What's Up Down There?!<br>Ann M<br>2:30-4pm                              | Preparing for Community Practicums                                       |
| SomaYasa part 1   | Break 4-4:30pm   | SomaRelax 1  |
| Down Dog/Lunges   | Student Practicum  | Ann  |
| Sarah Hu  | Student: ; Faculty: Ann  | 2-4pm  |
| 2:30-5:30pm   | 4:30-5:30am Class  | 4-430pm connect & close  |
| 5:30-6 connect & close  | 5:30-6 Feedback  |  |