

	TT200 Weekend 7	April 12-14, 2024
FRIDAY	SATURDAY	SUNDAY
	Reminder to arrive 5-10 min early so we can start on time at 8:00	7:45 teacher prep 7:50 all student arrival for room assignment
Reminder to arrive 5-10 min early in Zoom so we can start on time at 9:00	Review of Public Clinic Class by YN 8-9:30	SomaYoga Class
Opening and Check In	Ann	Molly
9:00-9:45 Ann		8-9:30 am Class
9:45-10 Break	Breakfast 9:30-10am	Breakfast 9:30-10am
Student Practicum	Public Clinic*	
Students: Faculty: Ann	10-10:30 setup	Peace Walk
10-11a Class 11-11:30 Feedback	10:30 - 12pm clinic	Edges (bring layers & walking shoes)
Pranayam: Putting it all together & Benefits of different Pranayam practices	12:15 - 1pm debrief	
Ann		Ann & Molly
11:30-1p	10-1	10-1
Lunch	Lunch	Celebration lunch at Yoga North
1-2:30	1-2:30	Bring a dish to share 1-2p
	Public Clinic*	Opening Circle
	2:30 - 3 setup	Ann & Molly
Public Clinic Recalibrate	3-4:30 clinic	
	4:45 - 5:30pm debrief	2-finish
Ann	Ann & Molly	
2:30-5:30pm	2:30-5:30pm	
5:30-6 connect & close	Rent IMT	