

		TT200 37--Weekend 1	March 15-17 2024
	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
8:00:00		SomaYoga Begin Class 2	SomaYoga Begin Class 3
8:30:00	NOTE to all: In future weekends, Fridays will start at 8:30am so plan accordingly for next weekend.	A&C - Ann B	Backlift - Dan B
9:00:00		8-9:30am	8-9:30am
9:30:00	9:45 arrival	9:30-10am Breakfast	9:30-10am Breakfast
10:00:00	Welcome, Introductions and	SomaYoga Approach to Classic Asana	Homework Best Practices
10:30:00	Expectations	SomaYoga Approach	10-11:15 e-campus intro
11:00:00		to Classic Asana	Ann B
11:30:00	Ann & Dan B		Diaphragmatic Breathing
12:00:00	10-11:30am	Mountain, FF & Pelvic Stability	Systematic Relaxation
12:30:00	Beginning Class 1-- A&F	Ann B & Dan B	Ann B
1:00:00	11:45-1pm Ann	10-1pm	11:30 - 1pm + Karma Chores
1:30:00			Lunch
2:00:00	Lunch	Lunch	1-2:00
2:30:00	1-2:30	1-2:30	Therapeutic Techniques
3:00:00	Foundations:	SomaYoga Approach	Into to Therapeutic Strip Course
3:30:00	Introduction to SomaYoga	to Classic Asana	with short Dyad
4:00:00		Wide FF, Pyramid, & Chair, Warrior I	Ann B
4:30:00			2:00 - 4pm
5:00:00	Ann B	Ann B & Dan B	Closing
5:30:00	2:30-5:30	2:30-5:30	4-4:30pm
6	5:30-6 close	5:30-6 close	