

|   | TT200 Weekend 3  | May 17-19, 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 8   | SomaYoga Begin Class 7   |
| Opening with Ahimsa -Ann B  | Seated Rotation -  | Sun Salutation - Ann B   |
| 9:00-9:45   | 8-9:30am   | 8-9:30am   |
| 9:45-10:00 Break  | 9:30-10am breakfast  | 9:30-10am Breakfast  |
| SomaYoga Begin Class 6  |  | Dyad Practice with spinal strip  |
| Washcloth -   |  | Dyad 1 10-11am(Dan & Ann)  |
| 10-11:30a   | Chakras  | Feedback & Break 11-11:15am  |
| What's Up Down There?!  | Ann B  | Dyad 2 11:15-12:15pm   |
| Ann B   | 10-1pm   | Feedback & Break 12:15-12:30pm (Dan & Ann)                               |
| 11:30-1   |  | Debrief Dyads 12:30-1pm  |
| Lunch   | Lunch  | Lunch  |
| 1-2:30  | 1-2:30   | 1-2:00   |
|   |  | Homework Grid  |
| What's Up Down There?!  | Prepare for In- House practicums & signup Ann B                          | SomaYoga Sequencing  |
|   | 2:30-3:30pm  | Preparing for Community Practicums                                       |
|   | SomaYoga Approach  | Practicum sign up  |
|   | to Classic Asana   | Ann B  |
|   | Sun Salutations  | 2-4pm  |
| Ann B   | Ann B  | 4-430pm connect & close  |
| 2:30-5:30pm   | 3:30-5:30pm  |  |
| 5:30-6 connect & close  | 5:30-6 connect & close   |  |