

	TT200 Weekend 7	September 6-8, 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 with Aparigraha	Ann B	Dan B
9:00-9:45 Ann B		8-9:30 am Class
9:45-10 Break	Breakfast 9:30-10am	Breakfast 9:30-10am
Student Practicum	Public Clinic*	
Students: XXX Faculty: Ann	10-10:30 setup	Business of Yoga
10-11a Class 11-11:30 Feedback	10:30 - 12pm clinic	
Final Certification Homework Review - Pranayam: Putting it all together & Benefits of different Pranayam practices	12:15 - 1pm debrief	Ann B
Ann B	Ann B & Dan	10-12:45
11:30-1p	10-1	Celebration lunch at Tula
Lunch	Lunch	Bring a dish to share
1-2:30	1-2:30	12:45-2pm
		Edges
	Public Clinic*	Dan B & Ann B
	2:30 - 3 setup	2-3pm
Public Clinic Recalibrate	3-4:30 clinic	Opening Circle
	4:45 - 5:30pm debrief	3:15- finish
Ann B	Ann B & Dan	Ann B & Dan B
5:30-6 connect & close		