

Date	Event Type	Topic / Content	Faculty	Time	Hours
JANUARY					
Jan 30–31	Weekend Module 1	Alignment & Energetics	Shoshana	9am–4pm (1hr lunch)	14
FEBRUARY					
Feb 6	Asana Lab 1	Tadasana, Warriors 1 & 2, Crescent Lunge, Side Angle, ½ Moon, Triangle, Skandasana	Shoshana	12–2pm	2
Feb 21	Living Your Yoga 1 (Sunday)	Ahimsa	Shoshana	12–2pm	2
Feb 24	Living Your Yoga 1 (Zoom)	Ahimsa continued	Shoshana	6–7pm	1
Feb 25–28	BONUS — Judith Hanson Lasater	Judith Weekend Intensive	Judith Hanson Lasater	TBD	TBD
MARCH					
Mar 6	Asana Lab 2	Pyramid, Warrior 3, Tree, Kneeling Crescent, Hanumanasana, Standing Head to Knee, Chair, Crow, Down Dog	Faculty TBD	12–2pm	2
Mar 14	Living Your Yoga 2 (Sunday)	Satya	Shoshana	12–2pm	2
Mar 17	Living Your Yoga 2 (Zoom)	Satya continued	Shoshana	6–7pm	1
Mar 27–28	Weekend Module 2	Bhakti, Deities & Mantra	Shoshana, Nicole	9am–4pm (1hr lunch)	14
APRIL					

Apr 17	Asana Lab 3	Twists: Twisting Lunge, Twisted ½ Moon & Triangle, Twisted Chair, Side Crow, Supine Twist	Faculty TBD	12–2pm	2
Apr 18	Living Your Yoga 3 (Sunday)	Asteya	Shoshana	12–2pm	2
Apr 21	Living Your Yoga 3 (Zoom)	Asteya continued	Shoshana	6–7pm	1
Apr 24–25	Weekend Module 3	Pranayama & Meditation	Shoshana, Julie, Vivian	9am–4pm (1hr lunch)	14
MAY					
May 1	Asana Lab 4	Boat, Forward Fold, Wide-Legged Forward Fold, Seated Forward Fold, Standing Splits, Plank, Chaturanga	Faculty TBD	12–2pm	2
May 8/9	Living Your Yoga 4 (Sunday)	Brahmacharya	Shoshana	12–2pm	2
May 12	Living Your Yoga 4 (Zoom)	Brahmacharya continued	Shoshana	6–7pm	1
May 15–16	Weekend Module 4	Restorative & Yin (Chinese Medicine & Yoga)	Lyla, Nicole, Pam	9am–4pm (1hr lunch)	14
May 29	Asana Lab 5	Camel, Wheel, Bow, Sphinx, Cobra, Updog, Dancer's Pose, Hero's Pose	Faculty TBD	12–2pm	2
JUNE					

Jun 6	Living Your Yoga 5 (Sunday)	Aparigraha	Shoshana	12–2pm	2
Jun 9	Living Your Yoga 5 (Zoom)	Aparigraha continued	Shoshana	6–7pm	1
Jun 26–27	Weekend Module 5	Mobility, Props & Myofascial Release	Shoshana, Vivian, Stacey	9am–4pm (1hr lunch)	14
JULY					
Jul 10	Asana Lab 6	Dolphin, Headstand, Handstand, Shoulder Stand, Halasana, Forearm Stand	Shoshana	12–2pm	2
Jul 11	Living Your Yoga 6 (Sunday)	Saucha	Shoshana	12–2pm	2
Jul 14	Living Your Yoga 6 (Zoom)	Saucha continued	Shoshana	6–7pm	1
Jul 17–18	Weekend Module 6	Prenatal, Postnatal & Yoga for Kids	Lyla, Emily S., Katie H.	9am–4pm (1hr lunch)	14
Jul 24	Asana Lab 7	Pigeon, Firelog, Cobbler's, Lizard, Arm Pressing, Seated Wide-Legged Fold, Eagle, Cow Face	Faculty TBD	12–2pm	2
AUGUST					
Aug 1	Living Your Yoga 7 (Sunday)	Santosha	Shoshana	12–2pm	2
Aug 4	Living Your Yoga 7 (Zoom)	Santosha continued	Shoshana	6–7pm	1
Aug 28–29	Weekend Module 7	Sequencing	Shoshana	9am–4pm (1hr lunch)	14

SEPTEMBER					
Sep 11	Asana Lab 8	Easy Seated Pose, Savasana, Tadasana, Thunderbolt, Malasana, Marichiasana	Faculty TBD	12–2pm	2
Sep 19	Living Your Yoga 8 (Sunday)	Tapas	Shoshana	12–2pm	2
Sep 22	Living Your Yoga 8 (Zoom)	Tapas continued	Shoshana	6–7pm	1
Sep 25–26	Weekend Module 8	The Art of Assisting	Shoshana, Pam, Nicole	9am–4pm (1hr lunch)	14
OCTOBER					
Oct 2	Asana Lab 9	Sun Salutations A, B & C	Shoshana	12–2pm	2
Oct 10	Living Your Yoga 9 (Sunday)	Svadyaya	Shoshana	12–2pm	2
Oct 13	Living Your Yoga 9 (Zoom)	Svadyaya continued	Shoshana	6–7pm	1
Oct 23–24	Weekend Module 9 ★ 200hr Only	Practice Teaching & Holding Space	Shoshana	9am–4pm (1hr lunch)	14
Oct 31	Living Your Yoga 10 (Zoom)	Ishwara Pranidhana	Shoshana	6–7pm	1
NOV & DEC					
Nov–Dec	Integration & Practice Teaching	Community Classes / Practice Teaching / Special Project	Shoshana + Team	TBD	10+
TBD	BONUS — Ayurveda Intensive	Dinacharya, Sattvic Diet, Balancing Doshas	Katie Barr	TBD	TBD