

Schedule | Foundations of Integral Yoga Therapy

Week View

Live sessions in Eastern Time with Lakshmi and/or Steffany on:

Week 1

- **Tuesday, Nov. 9**
 - 7–9 pm
- **Thursday, Nov. 11**
 - Journal Club
 - 7–8 pm
- **Friday, Nov. 12**
 - 7–9 pm
- **Saturday, Nov. 13**
 - 10 am–12 pm
 - 1–3 pm
- **Sunday, Nov. 14**
 - 4–6 pm

Week 2

- **Thursday, Nov. 18**
 - Journal Club
 - 7–8 pm
- **Friday, Nov. 19**
 - 7–9 pm
- **Saturday, Nov. 20**
 - 10 am–12 pm
 - 1–3 pm
- **Sunday, Nov. 21**
 - 4–6 pm

Week 3

- **Tuesday, Nov. 23**
 - 7–9 pm

No class between Wednesday, Nov. 24–Friday, Dec. 10

Week 4

- **Saturday, Dec. 11**
 - Journal Club
 - 10–11 am
- **Sunday, Dec. 12**
 - 4–6 pm

Week 5

- **Wednesday, Dec. 15**
 - 7–9 pm
- **Saturday, Dec. 18**
 - 10 am–12 pm
 - 1–3 pm
- **Sunday, Dec. 19**
 - 4–6 pm

Week 6

- **Tuesday, Dec. 21**
 - 7–9 pm

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Calendar View

Nov. 9–Dec. 21

* Live sessions **ET**:

Tue., Wed., and Fri. 7–9 pm

Thu. 7–8 pm Journal Club

Sat. 10 am–12 pm, 1–3 pm

Sun. 4–6 pm

Sunday	Tuesday	Wed.	Thursday	Friday	Saturday
4–6 pm	7–9 pm	7–9 pm	Journal Club 7–8 pm	7–9 pm	10 am–12 pm 1–3 pm
—	Nov. 9 ✓	Nov. 10 Raja TT No Class	Nov. 11 JC ✓ 1 hr	Nov. 12 ✓	Nov. 13 ✓
Nov. 14 ✓	Nov. 16 SYR No Class	Nov. 17 No Class	Nov. 18 JC ✓ 1 hr	Nov. 19 ✓	Nov. 20 ✓
Nov. 21 ✓	Nov. 23 ✓	Nov. 24 No Class	Nov. 25 No Class	Thanksgiving weekend	Nov. 27 No Class
Nov. 28 No Class	Nov. 30 No Class	Dec. 1 No Class	Dec. 2 No Class	Channuka weekend	Dec. 4 No Class
Dec. 5 Adaptive TT No Class	Dec. 7 Adaptive TT No Class	Dec. 8 No Lakshmi No Class	Dec. 9 Adaptive TT No Class		Dec. 11 JC 10–11 am ✓ 1 hr
Dec. 12 ✓	Dec. 14 Adaptive TT No Class	Dec. 15 ✓	Dec. 16 Adaptive TT No Class		Dec. 18 ✓
Dec. 19 ✓	Dec. 21 ✓				
8 hrs	6 hrs	2 hrs		4 hrs	12 hrs

Total Live hrs: 32 + 3 *JC