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

Schedule | Foundations of Integral Yoga Therapy

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