

LEVEL I SCHEDULE**2016-2017**

Saturdays: 1:00pm-6:00pm

Sundays: 10:00am-5:00pm



CLASS	MONTH	DATE	TOPIC	INSTRUCTOR(S)
1	1	10/1/2016	Definition & History of Yoga Therapy	Larry Payne
1	1	10/2/2016	8-Step Wellness & POLY Basic	Larry Payne, Rick Morris, Fay Levinson
2	1	11/5/2016	Anatomy 1	Eden Goldman
2	2	11/6/2016	Anatomy 1	Eden Goldman
3	3	12/3/2016	Anatomy 2	Eden Goldman
3	3	12/4/2016	Anatomy 2	Eden Goldman
4	4	1/7/2017	Therapeutic Aspects of Meditation & Intro to Yoga Nidra	Richard Miller
4	4	1/8/2017	Therapeutic Aspects of Meditation & Intro to Yoga Nidra	Richard Miller
5	4	1/21/2017	Lower Back	Rick Morris
5	4	1/22/2017	Lower Back	Larry Payne
6	6	3/4/2017	Upper Back	Rick Morris
6	6	3/5/2017	Upper Back	Lori Rubenstein
7	7	4/1/2017	Prime of Life Yoga	Larry Payne (w/ Surendra Mehta)
7	7	4/2/2017	Spine, Osteoporosis, Osteoarthritis, Scoliosis, SOAP Notes	Jamie Champion
8	7	4/29/2017	Standard Evaluation Technique	Rick Morris
8	8	4/30/2017	Standard Evaluation Technique	Rick Morris
9	9	5/20/2017	Intro to Ayurveda	Felicia Tomasko
9	9	5/21/2017	Business of Teaching Yoga	Larry Payne
10	10	7/8/2017	Shoulder	Rick Morris
10	10	7/9/2017	Shoulder	Linda Lack
11	10	7/29/2017	Knees	Steve Paredes
11	10	7/30/2017	Knees	Steve Paredes
12	11	8/12/2017	Hips	Matthew Taylor
12	11	8/13/2017	Hips	Matthew Taylor

UPDATED 7/7/16