

**LEVEL I SCHEDULE****2018-2019**

Saturdays: 1:00pm-6:00pm

Sundays: 10:00am-5:00pm



CLASS	DATE	TOPIC	INSTRUCTOR(S)
1	10/6/2018	Definition & History of Yoga Therapy	Larry Payne
	10/7/2018	8-Step Wellness & Intro to POLY	Larry Payne, Rick Morris, Fay Levinson
2	11/3/2018	Anatomy 1	Eden Goldman
	11/4/2018	Anatomy 1	Eden Goldman
3	12/1/2018	Anatomy 2	Eden Goldman
	12/2/2018	Anatomy 2	Eden Goldman
4	1/5/2019	Prime of Life Yoga	Larry Payne (w/ Surendra Mehta)
	1/6/2019	Spine, Osteoporosis, Osteoarthritis, Scoliosis, SOAP Notes	Jamie Stark
5	1/26/2019	Lower Back	Rick Morris
	1/27/2019	Lower Back	Larry Payne
6	2/16/2019	Upper Back	Rick Morris
	2/17/2019	Upper Back	Lori Rubenstein Fazzio
7	3/16/2019	Therapeutic Aspects of Meditation & Intro to Yoga Nidra	Richard Miller
	3/17/2019	Therapeutic Aspects of Meditation & Intro to Yoga Nidra	Richard Miller
8	4/13/2019	Standard Evaluation Technique	Rick Morris
	4/14/2019	Standard Evaluation Technique	Rick Morris
9	5/18/2019	Intro to Ayurveda	Felicia Tomasko
	5/19/2019	Business of Teaching Yoga	Larry Payne
10	6/29/2019	Shoulder	Rick Morris
	6/30/2019	Shoulder	Linda Lack
11	7/13/2019	Knees	Steve Paredes
	7/14/2019	Knees	Steve Paredes
12	8/3/2019	Hips <b>(10am - 5pm)</b>	Matthew Taylor
	8/4/2019	Hips	Matthew Taylor