

**LEVEL III SCHEDULE  
2015-2016**

Saturdays: 1:00pm-6:00pm

Sundays: 10:00am-5:00pm

UPDATE:

\*\*Please note changed  
dates, highlighted below!\*\*

(9/18/15)



CLASS	MONTH	DATE	TOPIC	INSTRUCTOR(S)
1	1	10/24/2015	Lower Back, Standard Evaluation Technique for Yoga Therapy	Larry Payne
1	1	10/25/2015	Lower Back, Spinal Stenosis, Sciatica, Disk Pain	Larry Payne
2	2	11/14/2015	Spine	Jamie Champion
2	2	11/15/2015	Spine, Scoliosis, Osteoporosis, Osteoarthritis	Jamie Champion
3	3	12/19/2015	Upper Back & Neck	Lori Rubenstein Fazzio
3	3	12/20/2015	Upper Back & Neck	Lori Rubenstein Fazzio
4	4	1/16/2016	Endocrine System	Amy Wheeler
4	4	1/17/2016	Endocrine System, Diabetes, Obesity	Amy Wheeler
5	5	2/13/2016	Cancer/Breast Cancer	Jnani Chapman
5	5	2/14/2016	Cancer/Breast Cancer	Jnani Chapman
6	6	2/27/2016	Respiratory System	Terra Gold
6	6	2/28/2016	Respiratory System	Terra Gold
7	6	3/19/2016	Circulatory System	Art Brownstein
7	6	3/20/2016	Circulatory System	Art Brownstein
8	7	4/23/2016	Digestive System	Robert Birnberg & Eleni Tsikiras
8	7	4/24/2016	Digestive System, Indigestion, Heartburn, IBS	Robert Birnberg & Eleni Tsikiras
9	8	6/4/2016	Nervous System	Amy Wheeler
9	8	6/5/2016	Nervous System, Chronic Pain, Fibromyalgia, Headaches	Amy Wheeler
10	9	6/25/2016	Mental Health, Anxiety, Depression	Julie Carmen
10	9	6/26/2016	Mental Health, Anxiety, Depression	Julie Carmen
11	10	7/23/2016	Hips & Knees	Eden Goldman
11	10	7/24/2016	Hips & Knees	Eden Goldman
12	11	8/20/2016	Shoulder	Linda Lack
12	11	8/21/2016	Shoulder UPDATED 6/16/15	Linda Lack