

**LEVEL I SCHEDULE****2017-2018**

Saturdays: 1:00pm-6:00pm

Sundays: 10:00am-5:00pm



CLASS	DATE	TOPIC	INSTRUCTOR(S)
1	10/7/2017	Definition & History of Yoga Therapy	Larry Payne
1	10/8/2017	8-Step Wellness & POLY Basic	Larry Payne, Rick Morris, Fay Levinson
2	11/4/2017	Anatomy 1	Eden Goldman
2	11/5/2017	Anatomy 1	Eden Goldman
3	12/2/2017	Anatomy 2	Eden Goldman
3	12/3/2017	Anatomy 2	Eden Goldman
4	1/6/2018	Therapeutic Aspects of Meditation & Intro to Yoga Nidra	Richard Miller
4	1/7/2018	Therapeutic Aspects of Meditation & Intro to Yoga Nidra	Richard Miller
5	1/27/2018	Lower Back	Rick Morris
5	1/28/2018	Lower Back	Larry Payne
6	2/24/2018	Upper Back	Rick Morris
6	2/25/2018	Upper Back	Lori Rubenstein Fazzio
7	3/17/2018	Prime of Life Yoga®	Larry Payne (w/ Surendra Mehta)
7	3/18/2018	Spine, Osteoporosis, Osteoarthritis, Scoliosis, SOAP Notes	Jamie Champion
8	4/14/2018	Standard Evaluation Technique	Rick Morris
8	4/15/2018	Standard Evaluation Technique	Rick Morris
9	5/19/2018	Intro to Ayurveda	Felicia Tomasko
9	5/20/2018	Business of Teaching Yoga	Larry Payne
10	6/30/2018	Shoulder	Rick Morris
10	7/1/2018	Shoulder	Linda Lack
11	7/14/2018	Hips	Matthew Taylor
11	7/15/2018	Hips	Matthew Taylor
12	8/4/2018	Knees (10am - 5pm)	Steve Paredes
12	8/5/2018	Knees	Steve Paredes

UPDATED 6/15/17