



YOGA AFTER 50 (PRIME OF LIFE YOGA®)
Online Zoom Intensive with Larry Payne PhD, C-IAYT, ERYT-500
September 17th-20th, 2020

Thursday-Sunday 9:30am-5:30pm
Lunch break (varies) between 12:30-2:00pm

SCHEDULE OF EVENTS

THURSDAY, September 17

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| 9:30am – 10:00am | Introductions, discuss texts & videos, ask students for business questions |
| 10:00am – 11:45am | The History of Yoga After 50/Prime of Life Yoga in America |
| 11:45am – 12:00pm | BREAK (prepare room for Yoga class) |
| 12:00pm – 1:15pm | POLY Yoga Class |
| 1:15pm – 2:30pm | LUNCH |
| 2:30pm – 3:00pm | Quizzes |
| 3:00pm – 4:15pm | Category of postures |
| 4:15pm – 4:30pm | BREAK |
| 4:15pm – 5:30pm | Pranayama & Relaxation |

FRIDAY, September 18

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| 9:30am – 10:00am | Q&A |
| 10:00am – 10:45am | 8 Step Wellness |
| 10:45am – 11:00am | BREAK |
| 11:00am – 1:00pm | “Meditation and Aging” <i>Lorin Roche PhD</i> |
| 1:00pm – 2:15pm | LUNCH |
| 2:15pm – 2:45pm | Quizzes |
| 2:45pm – 4:15pm | Category of postures |

4:15pm – 5:30pm Yoga Practice

SATURDAY, September 19

9:30am – 11:15am Business of Teaching Yoga
11:15am – 12:30pm Yoga Class
12:30pm – 1:45pm **LUNCH**
1:45pm – 2:30pm Quizzes and Q&A
2:30pm – 4:30pm “Pranayama”
Surendra Mehta MBA, C-IAYT
4:30pm – 4:45pm **BREAK**
4:45pm – 5:30pm Relaxation Techniques

SUNDAY, September 20

9:30am – 10:45am Yoga Class
10:45am – 11:15am Quizzes
11:15am – 12:15pm Category of postures
12:15pm – 1:15pm “Introduction to Lower Back”
Steve Paredes DC
1:15pm – 2:45pm **LUNCH**
2:45pm – 3:45pm “Introduction to Upper Back”
Steve Paredes DC
3:45pm – 4:45pm Lower Back Class (Larry Payne)
4:45pm – 5:30pm Closing Session, Q&A

**Schedule subject to slight change*