

Day	Date	Time	Location
Prep work	Watch history of yoga video, take ashtanga yoga recording, listen to history of yoga recording		
Reading	book report		
Fri	2/28	2-6	robinwood
Sat	3/1	9-6	robinwood
Sun	3/2	9-6	robinwood
Tues	3/4	5:30-8:30	virtual
Tues	3/11	5:30-8:30	virtual
Sat	3/15 ANATOMY	9-6	virtual
Sun	3/16 ANATOMY	9-6	virtual
Tues	3/18/2025	5:30-8:30	virtual
Tues	4/1/2025	5:30-8:30	virtual
Fri	4/4/2025	2-6	robinwood
Sat	4/5/2025	9-6	robinwood
Sun	4/6/2025	9-6	robinwood
Tues	4/8/2025	5:30-8	virtual
Tues	4/29	5:30-8	virtual
Tues	5/6/2025	5:30-8	virtual
Tues	5/13/2025	5:30-8	virtual
Fri	5/16/2025	2-6	robinwood
Sat	5/17/2025	9-6	robinwood
Sun	5/18	9-6	robinwood
Tues	5/20	5:30-8	virtual
Tues	6/3/25	5:30-8	virtual
Fri	6/6/25	2-6	robinwood
Sat	6/7/2025	9-6	robinwood
Sun	6/8/2025	9-6	robinwood
50 self-paced ancillary hours (self practice, observation, assisting with facilitators), community teaching			

