

YKASHTANGA

2018 WINTER WORKSHOP

December 21, 2018- January 01, 2019

S	M	T	W	T	F	S
16 8:00- Sutras 9:00- Chant 10:00- Read	17 5:30- Asana	18 5:30- Chalisa 5:45- Asana	19 5:30- Asana	20 5:30- Asana	21 5:30- Asana 7:00- Sutras 10:00- Read 18:00- Asana 17:30- Movie	22 Moon Day 8:00- Chalisa 8:15- Light Asana
23 8:00- Seated 9:00- Sutras 10:00- Read	24 5:30- Asana 7:00- Seated 10:00- Read	25 5:30- Chalisa 5:45- Asana	26 5:30- Asana 7:00- Seated 10:00- Read 17:30- Asana	27 5:30- Asana 7:00- Seated 10:00- Read 17:30- Asana	28 5:30- Asana 7:00- Seated 10:00- Read	29 8:00- Chalisa 8:15- Asana 9:30- Seated 17:30- Asana
30 8:00- Sutras 9:00- Chant 10:00- Read	31 5:30- Asana 7:00- Seated	01 5:30- Chalisa 5:45- Asana 7:00- Sutras 10:00- Read 17:30- Asana	02 5:30- Asana	03 5:30- Asana	04 5:30- Asana 17:30- Movie	05 8:00- Chalisa 8:15- Asana 9:30- Seated