

Week commencing:	Mon 20th	Week 1									: -)
Location	Course			Mon 20	Tues 21	Wed 22	Thur 23	Fri 24	Sat 25	Sun 26	
ANANDA	Level 1	08.30	Lecture	Intro + Warm up exercises	Meaning of Asana-s + Tadasana	Indriya-s + Sahaja Agnisara D.	Branches of Yoga + Bhujangasana	Paschmottan-asana	Trikonasana		
			Practice	S/Kris	Laura	Rory	Laura	Khush	Khush		
		16.00	Practice	Laura	Rory	Kris	Ivo	Kris	Rory		
		18.00	Evening Lecture	S	Khush	S	Khush	Rory	Laura		
			Theme	What is Yoga?	The Polarity of Energy	The Eight Stages of Yoga	The Five Bodies	Music Meditation	Yama & Niyama & Ahimsa		
	2	Tonya			12:00		12:00		12:00		
	3	Kirsten		12:00		12:00		12:00			
SHIVA HALL	Hridaya Retreat	06:45 - 07:45		Hridaya Meditation open to all							
		7:00 - 12:00						Hridaya Retreat			
		15:30 - 20:30						Hridaya Retreat			
SHAKTI HALL	TTC	08:00 - 10:30		TTC	TTC	TTC	TTC	TTC	TTC		
		11:00 - 12:30		TTC	TTC	TTC	TTC	TTC	TTC		
		17:00 - 20:00		Practicum	Practicum	Practicum	Practicum	Practicum	Practicum	Shakti Group 17:00	
GANESHA HALL	Levels 10,14,17, 19,21/24	08:00 - 12:00		21/24 Michael	19 Rainer	17 Kristof	21/24 Michael	19 Rainer	17 Kristof	SLOW PROGRAM 8:00-10:00	
		12:30 - 16:30		14 Radasi	10 Angela		14 Radasi	10 Angela			
	TTC	17:00 - 20:00		Practicum	Practicum	Practicum	Practicum	Practicum	Practicum		
GREEN HALL	Levels 4,5,9										
		08:00 - 12:00		4 Michelle	5 Lorraine	9 Vajra	4 Michelle	5 Lorraine	9 Vajra		
BLUE HALL	Levels 6,7,8	6:45 - 7:45		open for personal Meditation							
		08:00 - 12:00		7 Harry	8 Sean	6 Esther	7 Harry	8 Sean	6 Esther	Vira Group 17:00	

Week commencing:	Mon 27th	Week 2								: -)
Location	Course			Mon 27	Tues 28	Wed 29	Thur 30	Fri 1	Sat 2	Sun 3
ANANDA	Level 1	08.30	Lecture	Varjasana	Chakrasana	Gomukhasana	Sarvangasana	Ardha Shirshasana	Uddiyana-Bandha	
			Practice	Khush	Laura	Rory	Laura	Rory	Khush	
		16.00	Practice	Kris	Rory	Kris	Kris	Kris	Rory	
		18.00	Evening Lecture	Khush	Laura	Miha	Laura	Khush	S	
			Theme	Mental Concentration	Satyam	Healing in Yoga	Asteya	Vamana Dhauti & Ayurveda	Brahmacharya	
	2	Tonya			12:00		12:00		12:00	
	3	Kirsten		12:00		12:00		12:00		
SHIVA HALL	Hridaya Retreat	7:00 - 12:00		Hridaya Retreat						
		15:30 - 20:30		Hridaya Retreat						
SHAKTI HALL	TTC	08:00 - 10:30		TTC	TTC	TTC	TTC	TTC	TTC	
		11:00 - 12:30		TTC	TTC	TTC	TTC	TTC	TTC	
		17:00 - 20:00		Practicum	Practicum	Practicum	Practicum	Practicum	Practicum	Shakti Group 17:00
GANESHA HALL	Levels 10,14,17,19,21/24	08:00 - 12:00		21/24 Michael	19 Rainer	17 Kristof	21/24 Michael	19 Rainer	17 Kristof Bhairavi 1	SLOW PROGRAM 8:00-10:00
		12:30 - 16:30		14 Radasi	10 Angela		14 Radasi	10 Angela Vishuddha		
	TTC	17:00 - 20:00		Practicum	Practicum	Practicum	Practicum	Practicum	Practicum	
GREEN HALL	Levels 4,5,9									
		08:00 - 12:00		4 Michelle	5 Lorraine	9 Vajra	4 Michelle	5 Lorraine	9 Vajra Tara 1	
BLUE HALL	Levels 6,7,8	6:45 - 7:45		open for personal Meditation						
		08:00 - 12:00		7 Harry	8 Sean	6 Esther	7 Harry	8 Sean Anahata	6 Esther	Vira Group 17:00

Week commencing:	Mon 4th	Week 3									: -)
Location	Course			Mon 4	Tues 5	Wed 6	Thur 7	Fri 8	Sat 9	Sun 10	
ANANDA	Level 1	08.30	Lecture	Pavana-Muktasana	Shalabasan a	Dhanurasana	Svastikasan a	Garudasana	Halasana		
			Practice	Kris	Elly	Laura	Khush	Rory	Ivo		
		16.00	Practice	Ivo	Rory	Elly	Kris	Kris	Rory		
		18.00	Evening Lecture	Rory	Khush	S? (Khush)	Laura	Khush	Laura		
		Theme	Vegetarianism & Yoga	Aparigraha	Karma Yoga	Saucha	Shanka Prakshalana	Santosa			
	2	Tonya			12:00		12:00		12:00		
3	Kirsten		12:00		12:00		12:00				
SHIVA HALL	Kashmir Shaivism Workshop	06:45 - 07:45		Hridaya Meditation open to all							
		8:30 - 11:30		Kashmir Shaivism Workshop							
		17:00 - 20:00		Kashmir Shaivism Workshop							
		17:00 - 20:00		Kashmir Shaivism Workshop							
SHAKTI HALL	TTC	08:00 - 10:30		TTC	TTC	TTC	TTC	TTC	TTC		
		11:00 - 12:30		TTC	TTC	TTC	TTC	TTC	TTC		
		17:00 - 20:00		Practicum	Practicum	Practicum	Practicum	Practicum	Practicum	Shakti Group 17:00	
GANESHA HALL	Levels 10,14,17,19,21/24	08:00 - 12:00		21/24 Michael Dhum 1	19 Rainer Chinna 1		21/24 Michael Dhum 2	19 Rainer Chinna 2		SLOW PROGRAM 8:00-10:00	
		12:30 - 16:30		14 Radasi	10 Angela	17 Kristof Bhairavi 2	14 Radasi	10 Angela	17 Kristof Bhairavi 3		
	TTC	17:00 - 20:00		Practicum	Practicum	Practicum	Practicum	Practicum	Practicum		
GREEN HALL	Levels 4,5,9										
		12:30 - 16:30		4 Michelle	5 Lorraine	9 Vajra Tara 2	4 Michelle	5 Lorraine	9 Vajra Tara 3		
BLUE HALL	Levels 6,7,8	6:45 - 7:45		open for personal Meditation							
		12:30 - 16:30		7 Harry Manipura	8 Sean	6 Esther Kali 1	7 Harry	8 Sean	6 Esther Kali 2	Vira Group 17:00	

Week commencing:	Mon 11th	Week 4									: -)
Location	Course			Mon 11	Tues 12	Wed 13	Thur 14	Fri 15	Sat 16	Sun 17	
ANANDA	Level 1	08.30	Lecture	Ardha Matsyendrasana	Shirshasana	Laya Yoga 1	Laya Yoga 2 ? 10:10	Laya Yoga 3 ? 10:10	Laya Yoga 4 ? 10:10		
			Practice	Kris	Rory	S	Elly	Kris	Rory		
		16.00	Practice	Elly	Ivo	Ivo	Kris	Rory	FINAL CEREMONY 18:00 SK		
		18.00	Evening Lecture	Khush	Laura	Khush	Tiff?	S			
			Theme	Nidra Yoga	Tapas	Svadhyaaya	Yin-Yang in Yoga and Diet	Isvara-pranidhana			
	2	Tonya			12:00		12:00		12:00		
	3	Kirsten		12:00		12:00		12:00			
SHIVA HALL		06:45 - 07:45		Hridaya Meditation open to all							
	Yogic Healing Workshop	9:00 - 12:00		Yogic Healing Workshop							
		17:00 - 20:00		Yogic Healing Workshop							
SHAKTI HALL	TTC	08:00 - 10:30		TTC	TTC	TTC	TTC	TTC	Practicum		
		11:00 - 12:30		TTC	TTC	TTC	TTC	TTC			
		17:00 - 20:00		Practicum	Practicum	Practicum	Practicum	Practicum		Shakti Group 17:00	
GANESHA HALL	Levels 10,14,17,19,21/24	08:00 - 12:00		21/24 Michael Dhum 3	19 Rainer Chinna 3		21/24 Michael Dhum 4	19 Rainer Chinna 4	Practicum	SLOW PROGRAM 8:00-10:00	
		12:30 - 16:30		14 Radasi	10 Angela	17 Kristof Bhairavi 4	14 Radasi	10 Angela	17 Kristof		
	TTC	17:00 - 20:00		Practicum	Practicum	Practicum	Practicum	Practicum			
GREEN HALL	Levels 4,5,9										
		12:30 - 16:30		4 Michelle	5 Lorraine	9 Vajra Tara 4	4 Michelle Muladhara	5 Lorraine Svadhisthana	9 Vajra		
BLUE HALL	Levels 6,7,8	6:45 - 7:45		open for personal Meditation							
		12:30 - 16:30		7 Harry	8 Sean	6 Esther Kali 3	7 Harry	8 Sean	6 Esther Kali 4	Vira Group 17:00	