				Septembe-October Schedule						Week 1
	Course			**Mon 13**	**Tues 14**	**Wed 15**	**Thur 16**	**Fri 17**	**Sat 18**	**Sun 19**
ANANDA	**Level 1**	08.30	Lecture	Intro + Warming Exercises	Meaning of Asana-s + Tadasana	Indriya-s + Sahaja Agnisara D.	Branches of Yoga + Bhujangasana	Paschmottan-asana	Trikonasana	
			Practice	***Burkhard***	***Kirsten***	***Kirsten***	***Kirsten***	***Emma***	***Kirsten***	
		16.00	Practice	***Chakra-s and Pada Kirsten***	***Purifications Pema***	***Surya Namaskar Burkhard***	***Angela***	***Kirsten***	***Pema***	
		18.00	Evening Lecture	***Burkhard***	***Burkhard***	***Rory***	***Kirsten***	***Rory***	***Burkhard***	
			Theme	What is Yoga?	The Polarity of Energy	The Eight Stages of Yoga	The Five Bodies	Music Meditation	Yama & Niyama & Ahimsa	
	2	***Rory***			12:00		12:00		12:00	
	3	***Pema***		12:00		12:00		12:00		
SHAKTI HALL	**4**	***Angela***			12:00-16:00			12:00-16:00		
	slow pace	***Burkhard***							8:00-10:00	
SHIVA HALL										

				Septembe-October Schedule						Week 2
	Course			**Mon 20**	**Tues 21**	**Wed 22**	**Thur 23**	**Fri 24**	**Sat 25**	**Sun 26**
ANANDA	**Month 1**	08.30	Lecture	Varjasana	Chakrasana	Gomukhasana	Sarvangasana	Ardha Shirshasana	Uddiyana-Bandha	
			Practice	***Rory***	***Kirsten***	***Rory***	***Kirsten***	***Burkhard***	***Kirsten***	
		16.00	Practice	***Angela***	***Pema***	***Kirsten***	***Burkhard***	***Burkhard***	***Kirsten***	
		18.00	Evening Lecture	***Mihaiela***	***Burkhard***	***Mihaiela***	***Pema***	***Kirsten***	***Burkhard***	
			Theme	Mental Concentration	Satyam	Healing in Yoga	Asteya	Vamana Dhauti & Ayurveda	Brahmacharya	
	2	***Rory***			12:00		12:00		12:00	
	3	***Pema***		12:00		12:00		12:00		
SHAKTI HALL	**4**	***Angela***			12:00-16:00			12:00-16:00		
	slow pace	***Burkhard***							8:00-10:00	
SHIVA HALL										

				Septembe-October Schedule						Week 3
	Course			**Mon 27**	**Tues 28**	**Wed 29**	**Thur 30**	**Fri 01**	**Sat 02**	**Sun 03**
ANANDA	**Level 1**	08.30	Lecture	Pavana-Muktasana	Shalabasana	Dhanurasana	Svastikasana	Garudasana	Halasana	
				Burkhard	***Emma***	***Kirsten***	***Pema***	***Rory***	***Kirsten***	
		16.00		***Kirsten***	***Kirsten***	***Burkhard***	***Angela***	***Burkhard***	***Pema***	
		18.00		***Rory***	***Burkhard***	***Mihaiela***	***Kirsten***	***Kirsten***	***Burkhard***	
			Theme	Vegetarianism & Yoga	Aparigraha	Karma Yoga	Saucha	Sanka Praksalana	Santosa	
	2	***Rory***			12:00		12:00		12:00	
	3	***Pema***		12:00		12:00		12:00		
SHAKTI HALL	**4**	***Angela***			12:00-16:00			12:00-16:00		
	slow pace	***Burkhard***							8:00-10:00	
SHIVA HALL										

				Septembe-October Schedule						Week 4
	Course			**Mon 04**	**Tues 05**	**Wed 06**	**Thur 07**	**Fri 08**	**Sat 09**	**Sun 10**
ANANDA	**Month 1**	08.30	Lecture	Ardha Matsyendr-asana	Shirshasana	Laya Yoga 1	Laya Yoga 2 **(10:10) Miha**	Laya Yoga 3 **(10:10) Miha**	Laya Yoga 4 **(10:10) Miha**	
			Practice	***Kirsten***	***Burkhard***	***Mihaiela***	***Emma***	***Emma***	***Pema***	
		16.00	Practice	***Kirsten***	***Burkhard***	***Kirsten***	***Angela***	***Rory***		
		18.00	Evening Lecture	***Burkhard***	***Kirsten***	***Burkhard***	***Pema***	***Rory***	***FINAL CEREMONY***	
			Theme	Nidra Yoga	Tapas	Svadhyaya	Yin-Yang in Yoga and Diet	Isvara-pranidhana		
	2	***Rory***			12:00		12:00		12:00	
	3	***Pema***		12:00		12:00		12:00	Red Sash Angela @ 12:00 SK	
SHAKTI HALL	**4**	***Angela***			12:00-16:00			12:00-16:00 Muladhara Init. Miha 15:30		
	slow pace	***Rory***							8:00-10:00	
SHIVA HALL										