Week commencing	April 27th								Course week 1
Course			**Mon 27**	**Tues 28**	**Wed 29**	**Thur 30**	**Fri 1**	**Sat 2**	**Sun 3**
Month 1	08.30	Lecture	Intro + Warming Exercises	Meaning of Asana-s + Tadasana	Indriya-s + Sahaja Agnisara Dhauti	Branches of Yoga + Bhujangasana	Paschmottan-asana	Trikonasana	
SUNDAY Feb. 1st: TEACHERS' DAY		Practice	***CLAUD***	***TIFF***	***JASON***	***TIFF***	***JAY***	***ADAM***	**N**
	16.00	Practice	***Chakra-s and Pada. CLAUD***	***CLAUD***	***Surya Namaskar TIFF***	***ADAM***	***CAROL***	***CLAUD***	**O**
	18.00	Evening Lecture	***MOSES***	***ASSAF***	***ANGELUS***	***ANDY***	***TIFF***	***JASON***	
		Theme	What is Yoga?	The Polarity of Energy	The Eight Stages of Yoga	The Five Bodies	Music Meditation	Yama & Niyama & Ahimsa	**C**
2 Ananda	***SOPHIE7***			12:30		12:30 Burkhard		12:30	**L**
3 Ananda	***PATRICIA7***		12:30		12:30		12:30		**A**
4	***ALLIE9***			12:30 BH			12:30 BH		**S**
5	***TIFFANY15***				12:30 BH			12:30 BH	**S**
6	***ATMADHIYANAM15***				12:30 GH			12:30 GH	**E**
7	***ELLA18***		12:00 BH			12:30 GM			**S**
8	***JASON18***		8:00 BH			12:30 BH			
9	***ROSIE24***		12 GH		12:30 GM				
11+12	***MICHAEL24***		8 GM					12:30 GM	
14	***ROSIE24***			8:00 GH		12:30 GH			
15	***SIGI***			12:30 GM			12:30 GM		
18+21+24	***UDI***			12:30 GH			12:30 GH		
TANTRA 2 BH	MORNING SESSION			8-12	8:30-11:30	8-12	8-12	8-12	
	HATHA				16:30-18:00 JASON	16:30-18:00 TIFF			
	EVENING SESSION			18-20	18-20	18-20	18-20	18-20	

Week commencing	May 4th								Course week 2
Course			**Mon 4**	**Tues 5**	**Wed 6**	**Thurs 7**	**Fri 8**	**Sat 9**	**Sun 10**
Month 1	08.30	Lecture	Varjasana	Chakrasana	Gomukhasana	Sarvangasana	Ardha Shirshasana	Uddiyana-Bandha	
		Practice	***TIFF***	***CAROL***	***REBECCA***	***NICK***	***JASON***	***ADAM***	**N**
	16.00	Practice	***NICK***	***JAY***	***NICK***	***JAY***	***REBECCA***	***CAROL***	**O**
	18.00	Evening Lecture	***UDI***	***JASON***	***TIFF***	***LORI***	***ANGELUS***	***KHUSH***	
		Theme	Mental Concentration	Satyam	Healing in Yoga	Asteya	Vamana Dhauti & Ayurveda	Brahmacharya	**C**
2 Ananda	***SOPHIE7***		12:30		12:30		12:30		**L**
3 Ananda	***PATRICIA7***			12:30		12:30 Burkhard		12:30	**A**
4	***ALLIE9***			12:30 BH			12:30 BH		**S**
5	***TIFFANY15***				12:30 BH			12:30 BH	**S**
6	***ATMADHIYANAM15***				12:30 GH			12:30 GH	**E**
7	***ELLA18***					12:30 GM		8 BH* Manpura. Claudiu 11:00	**S**
8	***JASON18***		12:30 BH			12:30 BH			
9	***ROSIE24***				12:30 GM			8 GH	
11+12	***MICHAEL24***		12:30 GM					8 GM	
14	***ROSIE24***		12:30 GH			12:30 GH			
15	***SIGI***			12:30 GM			12:30 GM		
18+21+24	***UDI***			12:30 GH			without 24 - 12 GH		
	VIRA		8-12/18-20 BH	8-12/18-20 BH	8-12/18-20 BH	8-12/18-20 BH	8-12/18-20 BH		
	C. FEMININITY		8-12/18-20 GH	8-12/18-20 GH	8-12/18-20 GH	8-12/18-20 GH	8-12/18-20 GH		

Week commencing	May 11th								Course week 3
Course			**Mon 11**	**Tues 12**	**Wed 13**	**Thurs 14**	**Fri 15**	**Sat 16**	**Sun 17**
Month 1	08.30	Lecture	Pavana-Muktasana	Shalabasana	Dhanurasana	Svastikasana	Garudasana	Halasana	
		Practice	***ADAM***	***CAROL***	***REBECCA***	***CLAUD***	***JAY***	***NICK***	**N**
	16.00	Practice	***CAROL***	***NICK***	***JAY***	***NICK***	***REBECCA***	***CLAUD***	**O**
	18.00	Evening Lecture	***LORI***	***MIHAIELA***	***KHUSH***	***MIHAIELA***	***ANGELUS***	***JASON***	
		Theme	Vegetarianism & Yoga	Aparigraha	Karma Yoga	Saucha	Sanka Praksalana	Santosa	**C**
2 Ananda	***SOPHIE***			12:30		12:30 Burkhard		12:30	**L**
3 Ananda	***PATRICIA***		12:30		12:30		12:30		**A**
4	***ALLIE***			12:30 BH* Mula. Claudiu 15:30			12:30 BH		**S**
5	***TIFFANY***				12:30 BH			12:30 BH* Swad. Miha 14:45	**S**
6	***ATMADHIYANAM***		12:00 GH* Kali1 Miha 15:00		12:30 GH* Kali2 Claudiu 15:00				**E**
7	***ELLA***		8 BH			12:30 GM			**S**
8	***JASON***		8:00 GH* Anahata Claudiu 11:00			12:30 BH			
9	***ROSIE***				12:30 GM* Tara1 Claudiu 16:00			12:30 GH* Tara2 Claudiu 15:00	
11+12	***MICHAEL***		12:00 GH* TS1 Claudiu 15:30					12:30 GM* TS2 Miha 15:30/Ajna Claudiu 16:00	
14	***ROSIE***		8:00 GM			12:30 GH			
15	***SIGI***			12:30 GM* Bhuv.1 Claudiu 15:30			12:30 GM* Bhuv.2 Claudiu 15:30		
18+21	***UDI***			12:30 GH			12:30 GH		
	ART OF DYING				8-12/18-20 BH	8-12/18-20 BH	8-12/18-20 BH	8-12/18-20 BH	8-12/18-20 BH

Week commencing	May 18th								Course week 4
Course			**Mon 18**	**Tues 19**	**Wed 20**	**Thurs 21**	**Fri 22**	**Sat 23**	**Sun 24**
Month 1	08.30	Lecture	Ardha Matsyendr-asana	Shirshasana	Laya Yoga 1	Laya Yoga 2 Udi	Laya Yoga 3 Udi	Laya Yoga 4 Udi	
		Practice	***REBECCA***	***JASON***	***S***	***REBECCA***	***JAY***	***ADAM***	**N**
	16.00	Practice	***ADAM***	***CAROL***	***ADAM***	***JAY***	***CAROL***	***18.00 Final Ceremony :-)***	**O**
	18.00	Evening Lecture	***ANGELUS***	***KHUSH***	***ANGELUS***	***LORI***	***S***		
		Theme	Nidra Yoga	Tapas	Svadhyaya	Yin-Yang in Yoga and Diet	Isvara-pranidhana		**C**
2 Ananda	***SOPHIE***			12:00		12:00		12:00	**L**
3 Ananda	***PATRICIA***		12:00		12:00		12:00	Red Sash - FRITZ 9:00 BH	**A**
4	***ALLIE***			12:00 BH			12 BH		**S**
5	***SIGI***				12 BH			12 BH	**S**
6	***ATMADHIYANAM***				12 GH* Kali3 Swami 14:30		Orange Sash - fritz 9:00 BH	12 GH* Kali4 Miha 15:00	**E**
7	***ELLA***				8 BH			8 GM	**S**
8	***JASON***		12 BH			12 BH			
9	***ROSIE***				12 GM* Tara3 Swami 15:00		8 GM* Tara4 Swami 11:00		
11+12	***MICHAEL***		12 GM* TS3 Swami 15:00			12 GM* TS4 Miha 15:00			
14	***ROSIE***		12 GH			12 GH			
15	***SIGI***			12 GM* Bhuv.3 Swami 15:00			12 GM* Bhuv.4 Swami15:00		
18+21	***UDI***			12 GH			12 GH		
			Retreat GH	Retreat GH	Retreat GH	Retreat GH	Retreat GH	Retreat GH	Retreat GH