

The History of Yoga	2/11/2023
The Modern Period & Three Bodies	2/18/2023
The Chakra System, The Bandhas	2/25/2023
Alternative Medicine, Anatomy, Physical Ailments	3/11/2023
Common Mental Health - Mid Term	3/18/2023
Asanas	3/25/2023
Pranayama	4/1/2023
Teaching Meditation	4/8/2023
The Profession of Teaching Yoga / Specialized Teaching	4/15/2023
Sequencing Part II	4/22/2023
Final	4/29/2023
Graduation	5/13/2023