



Dharma Yoga

LOAY TT Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p style="text-align: center;">Dharma Yoga New York Center</p> <p style="text-align: center;">January 26 — February 4, 2024</p>	<p><i>DY LOAY TT Faculty:</i></p> <p>Sri Dharma Mittra Ismrittee Devi Om Penny Kalloo Sam Manchulenko Andrew Jones Pam Jones Brittanie DeChino Jonathan Rosenthal Gopi Om Adam Frei</p> <p>OO = Online Only DYC = Regular DYC Class</p>	<p>Notes:</p> <p>Please write your name on all books and personal items.</p> <p>Be punctual. Arrive at least 5-10 minutes before class starting times.</p> <p>Maintain silence before and after classes.</p> <p>If Live Streaming, please leave camera on whenever possible.</p>	 <p style="font-size: 24px; font-weight: bold;">200-Hour Immersion</p>	<p style="font-size: 24px; font-weight: bold;">26</p> <p>7:00-8:30 (OO) SDM Pranayama & Dhyana 8:40-10:10 Spiritual Discourse: Ashtanga Yoga, Yama & Niyama (OO) SDM 10:20-11:45 Introductions & Orientation All 12:00-1:30 Master Class (DYC) PK 1:30-3:00 Lunch 3:00-6:20 Dharma I Integrated Breakdown, Session I PK & SM 6:30-8:00 Dharma I SM 8:10-9:15 Dharma I Integrated Breakdown, Session II PK & SM</p>	<p style="font-size: 24px; font-weight: bold;">27</p> <p>7:00-8:20 PJ Pranayama & Dhyana(OO) 8:30-9:45 Dharma I Integrated Breakdown, Session III PK & SM 10:00-11:30 Maha Shakti (DYC) SDM 11:30-12:30 Yoga Nidra Relaxation (DYC) SDM 12:30-1:30 Lunch 1:30-2:30 Dharma I (DYC) JR 2:40-4:00 Basic Human Anatomy & Physiology, Part I JR 4:10-5:30 Dharma I Integrated Breakdown, Session IV PK & SM 5:40-7:30 Dharma I Integrated Assisting & Adjusting I PK & SM 7:40-9:00 AJ Dharma I and Gentle Finishing Practices (OO)</p>	<p style="font-size: 24px; font-weight: bold;">28</p> <p>7:00-8:40 Dharma I Integrated Assisting & Adjusting II PK & SM 8:50-10:20 Dharma I Small Group Teaching (70 min.) & Feedback PK & SM 10:30-11:50 JR Basic Human Anatomy & Physiology, Part II 12:00-1:30 Dharma III (DYC) Jessica 1:30-3:00 Lunch 3:00-4:30 The Yoga-Sutras SDM 4:40-6:00 SDM 6:10-7:50 JR Asana Anatomy 8:00-9:15 Dharma I Small Group Teaching (60 min.) & Feedback AJ & SM</p>
<p style="font-size: 24px; font-weight: bold;">29</p> <p>7:00-8:30 PK Pranayama & Dhyana 8:40-10:15 Dharma I Small Group Teaching (75 min.)& Feedback PK & SM 10:25-11:50 PK & SM Small Group Rotating Finishing Practices 12:00-1:30 Joneil Dharma II (DYC) 1:30-3:00 Lunch 3:00-4:50 Sattvic Ahara Yoga Diet (OO) PJ 4:50-5:50 (OO) Offering Dharma Yoga Basics AJ 6:00-7:15 (DYC) Ayelet Dharma III w/ DY Wheel 7:25-9:00 Dharma I Small Group Teaching (75 min.) & Feedback PK & AJ</p>	<p style="font-size: 24px; font-weight: bold;">30</p> <p>7:00-8:35 Dharma I Small Group Teaching (75 min.) & Feedback PK & SM 8:45-10:15 SDM Spiritual Discourse: <i>The Bhagavad-Gita (OO)</i> 10:30-11:30 Pranayama, Chant & Meditation (DYC/OO) SDM & AF 12:00-1:30 SDM Master Class (DYC/OO) 1:30-3:00 Lunch 3:00-5:50 Basic Human Anatomy & Physiology, Part III (OO) BD 6:00-7:15 Kelly Dharma I/II (DYC) 7:25-9:00 Dharma I Small Group Teaching (75 min.) & Feedback AJ & SM</p>	<p style="font-size: 24px; font-weight: bold;">31</p> <p>7:00-9:10 PK & SM Dharma Gentle Integrated Breakdown I 9:20-10:35 SDM Spiritual Discourse: The Kriyas, Koshas & Psychic Anatomy 10:45-11:45 SDM Pranayama & Yoga Nidra 12:00-1:30 SDM Master Class (DYC) 1:45-2:30 SDM Self Knowledge & Spiritual Kirtan (DYC) 2:30-3:30 Lunch 3:30-5:00 Classic Yogic Concepts AF 5:10-6:20 PK Dharma Gentle 6:30-7:30 Azusa Dharma I (DYC) 7:40-9:00 PK & AJ Dharma Gentle Integrated Breakdown II</p>	<p style="font-size: 24px; font-weight: bold;">1</p> <p>7:00-9:20 PK & SM Dharma Gentle Integrated Breakdown III 9:30-10:50 SDM Discourse: Pranayama, Mudra & Bandha 11:00-11:45 (DYC)SDM Psychic Development 12:00-1:30 SDM Master Class (DYC) 1:30-3:00 Lunch 3:00-4:40 AF Householder Yoga & 200hr Required Reading 4:50-5:50 Dharma Gentle Q&A PK & SM 6:00-7:15 Dharma II (DYC) Kelly 7:25-9:00 Dharma Gentle Small Group Teaching (70 min.) & Feedback All</p>	<p style="font-size: 24px; font-weight: bold;">2</p> <p>7:00-8:00 SM Pranayama & Dhyana 8:10-9:35 Dharma Gentle Small Group Teaching (70 min.) & Feedback PK & SM 9:45-11:45 GO Respectfully Sharing Dharma Yoga (OO) 12:00-1:30 Dharma II/III (DYC) Ekaterina 1:30-3:00 Lunch 3:00-4:25 Dharma Gentle Small Group Teaching (70 min.) & Feedback PK & SM 4:35-6:20 Practicing & Teaching Inversions PK & SM 6:30-8:00 Dharma Gentle Small Group Teaching (75 min.) & Feedback All 8:10-8:45 Yoga Nidra (OO) AJ</p>	<p style="font-size: 24px; font-weight: bold;">3</p> <p>7:00-8:20 PJ Pranayama & Dhyana(OO) 8:30-9:45 Dharma Gentle Small Group Teaching (60 min.) & Feedback PK & SM 10:00-11:30 Maha Shakti (DYC) SDM 11:30-12:30 Yoga Nidra Relaxation (DYC) SDM 12:30-2:00 Lunch 2:00-2:45 PK & SM Panel: Sharing the Way 3:00-6:00 Maha Sadhana (DYC) SDM 6:15-7:30 Dharma Gentle Small Group Teaching (60 min.) & Feedback PK & SM 7:40-9:10 PK & SM Oral Final Exam</p>	<p style="font-size: 24px; font-weight: bold;">4</p> <p>7:00-8:20 AJ Pranayama & Dhyana (OO) 8:30-9:50 DY LOAY Internship Guidelines (OO) AF 10:00-11:45 DY Partner Yoga Workshop PK & SM 12:00-1:30 SDM Charging Practice (DYC) 1:30-3:00 Lunch 3:00-4:00 Developing a Personal Practice & Guiding Meditation AF 4:10-5:50 SDM Spiritual Discourse: Concentration/Meditation Mantra Japa & Self-Realization 6:00-7:00 All Closing Satsang With Arti (DYC)</p>