



Dharma Yoga™

LOAY TT Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>12</p> <p>7:00-8:30 <i>SDM</i> Pranayama & Dhyana 8:40-10:10 <i>SDM</i> Spiritual Discourse & Psychic Development 10:20-11:45 Orientation & Introductions <i>All</i> 12:00-1:30 <i>Kyung</i> Dharma IV DYC 1:30-3:00 Lunch 3:00-4:00 <i>AF</i> Teaching Yoga Nidra 4:00-4:40 Yoga Nidra <i>AF</i> 4:50-5:40 Yoga Nidra Small Group Teaching (35 min.)& Feedback <i>All</i> 5:50-6:20 Dharma IV Finishing Practices <i>AF</i> 6:30-8:00 <i>PK</i> Dharma IV 8:10-9:00 Yoga Nidra Small Group Teaching (35 min.)&Feedback <i>All</i></p>	<p>13</p> <p>7:00-8:30 <i>AJ</i> Pranayama, Psychic Development & Dhyana 8:40-10:20 Dharma IV Integrated Breakdown Session I <i>All</i> 10:30-11:45 <i>Alina</i> DY Wheel Class DYC 12:00-1:30 Dharma IV DYC <i>PJ</i> 1:30-3:00 Lunch 3:00-6:20 Dharma IV Integrated Breakdown Session II <i>All</i> 6:30-7:30 Dharma I/II DYC <i>Ayelet</i> 7:40-8:30 Dharma IV Integrated Breakdown Session III <i>All</i> 8:40-9:30 Yoga Nidra Small Group Teaching (35 min.)& Feedback <i>All</i></p>	<p>14</p> <p>7:00-8:50 Dharma IV Assisting & Adjusting Session I <i>All</i> 9:00-10:20 <i>SDM</i> Teaching Yoga Nidra & Psychic Development OO 10:30-11:30 <i>SDM & AF</i> Pranayama, Kirtan & Meditation OO/DYC 12:00-1:30 <i>SDM</i> Master Class OO/DYC 1:30-3:00 Lunch 3:00-4:20 Dharma IV Assisting & Adjusting Session II <i>All</i> 4:30-6:00 Dharma IV Small Group Teaching (70 min.)& Feedback <i>All</i> 6:10-7:20 Teaching Psychic Development <i>AJ</i> 7:30-8:30 <i>Stephen</i> Dharma Gentle DYC 8:40-9:00 <i>AJ</i> Teaching Psychic Development Q&A</p>	<p>15</p> <p>7:00-7:40 P.D. Small Group Teaching (30 min.)& Feedback <i>All</i> 7:50-8:40 Yoga Nidra Small Group Teaching (35 min.)& Feedback <i>All</i> 8:50-10:05 Dharma IV Small Group Teaching (60 min.)& Feedback <i>All</i> 10:15-11:45 Pranayama, P.D. & Dhyana <i>SDM</i> 12:00-1:30 <i>SDM</i> Master Class DYC 1:45-2:30 <i>SDM & AF</i> Self Knowledge & Spiritual Kirtan DYC 2:30-4:00 Lunch 4:00-4:45 P.D. Small Group Teaching (30 min.)& Feedback <i>All</i> 4:55-6:20 Dharma IV (70 min.)& Feedback <i>All</i> 6:30-7:30 Dharma I DYC <i>Azusa</i> 7:40-8:30 Y.N. S.G.T. (35 min.)& Feedback <i>All</i></p>	<p>16</p> <p>7:00-8:30 <i>PK</i> Pranayama & Dhyana 8:40-9:40 Dharma IV Assisting & Adjusting & General Q&A <i>All</i> 9:50-10:50 Teaching Psychic Development <i>SDM</i> 11:00-11:45 <i>SDM</i> P.D. Techniques DYC 12:00-1:30 <i>SDM</i> Master Class DYC 1:30-3:00 Lunch 3:00-4:20 OO <i>AF</i> Dharma Yoga Wisdom 4:30-5:45 Dharma IV Small Group Teaching (60 min.) & Feedback <i>All</i> 6:00-7:15 <i>Kelly</i> Dharma II DYC 7:25-8:10 P.D. Small Group Teaching (30 min.) & Feedback <i>All</i> 8:15-9:05 Yoga Nidra Small Group Teaching (35 min.)& Feedback <i>All</i></p>	<p>17</p> <p>7:00-8:20 <i>PJ</i> Pranayama, Psychic Development & Dhyana 8:30-9:15 Psychic Development Small Group Teaching (30 min.) & Feedback <i>All</i> 9:25-10:20 Teaching Advanced Techniques <i>All</i> 10:30-11:30 <i>Ekaterina</i> DY Wheel Class DYC 12:00-1:30 <i>Ekaterina</i> Dharma III DYC 1:30-3:00 Lunch 3:00-4:30 <i>PJ</i> Sattvic Ahara Yogic Diet 4:40-5:55 Dharma IV Small Group Teaching (60 min.) & Feedback <i>All</i> 6:05-6:50 P.D. Small Group Teaching (30 min.) & Feedback <i>All</i> 7:00-8:30 <i>AJ</i> Charging Practice</p>	<p>18</p> <p>7:00-8:20 <i>PK</i> Pranayama & Dhyana 8:30-9:45 Dharma IV Small Group Teaching (60 min.) & Feedback <i>All</i> 10:00-11:30 <i>SDM</i> Maha Shakti DYC 11:30-12:30 <i>SDM</i> Yoga Nidra DYC 12:30-1:30 Psychic Development Techniques <i>AJ</i> 1:30-3:00 Lunch 3:00-6:00 <i>SDM</i> Maha Sadhana DYC 6:15-7:00 Psychic Development Small Group Teaching (30 min.) & Feedback <i>All</i> 7:10-8:05 Yoga Nidra Small Group Teaching (40 min.) & Feedback <i>All</i> 8:15-9:00 Psychic Development Small Group Teaching (30 min.) & Feedback <i>All</i></p>
<p>19</p> <p>7:00-8:20 <i>AJ</i> Pranayama & Dhyana 8:30-9:45 Dharma IV Small Group Teaching (60min.)& Feedback <i>All</i> 10:00-11:50 DYC <i>All</i> Dharma Partner Yoga 12:00-1:30 <i>SDM</i> Charging Practice OO 1:30-3:00 Lunch 3:00-4:20 800-hour Internship Guidelines <i>AF</i> 4:30-5:35 <i>SDM</i> Sharing Yoga: What Is Most Important & Efficient & P.D. 5:45-6:30 Satsang <i>All</i></p>		<p><i>DY LOAY TT Faculty:</i></p> <p>Sri Dharma Mittra Ismrittee Devi Om Penny Kalloo Andrew Jones Pam Jones Shelley Cook Adam Frei</p> <p>OO = Online Only DYC = Regular DYC Class; Zoom link via Email from the DYC</p>	 <p>LIFE OF A YOGI</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>Please keep your camera on when joining us online whenever possible and practical</p>	<p>Life of a Yogi</p> <p>800/1000-hour</p> <p>Ultimate Teacher Training</p>	 <p>Teacher Training</p> <p>Dharma Yoga New York Center</p> <p>March 12-19, 2023</p>

