



# Dharma Yoga

## LOAY TT Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>21</b></p> <p><b>7:00-8:30</b> <i>SDM</i> Pranayama &amp; Dhyana <b>8:40-10:05</b> <i>SDM</i> Spiritual Discourse <b>10:15-11:45</b> Orientation &amp; Introductions <i>All</i> <b>12:00-1:30</b> <i>Jessica</i> Charging Practice (DYC) <b>1:30-3:00</b> Lunch <b>3:00-5:50</b> Dharma II Integrated Breakdown, Session I <i>All</i> <b>6:00-7:30</b> Dharma II <i>SM</i> <b>7:40-9:00</b> Dharma II Integrated Breakdown, Session II <i>All</i></p>	<p><b>22</b></p> <p><b>7:00-8:30</b> <i>SM</i> Pranayama &amp; Dhyana <b>8:40-11:50</b> Dharma II Integrated Assisting &amp; Adjusting, Session I <i>All</i> <b>12:00-1:30</b> <i>PJ</i> Master Class (DYC) <b>1:30-3:00</b> Lunch <b>3:00-5:50</b> Dharma II Integrated Assisting &amp; Adjusting, Session II <i>All</i> <b>6:00-7:30</b> <i>PK</i> Dharma II (DYC) <b>7:40-9:00</b> Dharma II Finishing Practices <i>AJ</i></p>	<p><b>23</b></p> <p><b>7:00-8:50</b> Asana Anatomy &amp; Therapeutic Modification, Session I (OO) <i>BD</i> <b>9:00-10:20</b> <i>SDM</i> Spiritual Discourse <b>10:30-11:30</b> <i>SDM &amp; AF</i> Pranayama, Kirtan &amp; Dhyana (DYC) <b>12:00-1:30</b> <i>SDM</i> Master Class (DYC) <b>1:30-3:00</b> Lunch <b>3:00-4:00</b> Panel Discussion: Sattvic Ahara Yogic Diet <i>All</i> <b>4:10-5:40</b> <i>All</i> Techniques For Teaching Inversions <b>6:00-7:15</b> <i>Kelly</i> Dharma I/II (DYC) <b>7:25-9:00</b> Dharma II Small Group Teaching (75 min.)&amp; Feedback <i>All</i></p>	<p><b>24</b></p> <p><b>7:00-8:15</b> Dharma II Small Group Teaching (60 min.)&amp; Feedback <i>All</i> <b>8:25-10:35</b> Asana Anatomy &amp; Therapeutic Modification, Session II (OO) <i>BD</i> <b>10:45-11:45</b> Pranayama &amp; Yoga Nidra <i>SDM</i> <b>12:00-1:30</b> <i>SDM</i> Master Class (DYC) <b>1:45-2:30</b> <i>SDM &amp; AF</i> Self Knowledge &amp; Kirtan (DYC) <b>2:30-3:45</b> Lunch <b>3:45-6:20</b> (OO) <i>BD</i> AA &amp; Therapeutic Modification, Session III <b>6:30-7:30</b> <i>Azusa</i> Dharma I (DYC) <b>7:40-9:00</b> Dharma II Small Group Teaching (60 min.)&amp; Feedback <i>All</i></p>	<p><b>25</b></p> <p><b>7:00-8:15</b> Dharma II Small Group Teaching (60 min.) &amp; Feedback <i>All</i> <b>8:25-9:25</b> <i>AF</i> Teaching Pedagogy <b>9:35-10:50</b> <i>SDM</i> Spiritual Discourse <b>11:00-11:45</b> <i>SDM</i> Psychic Development Techniques (DYC) <b>12:00-1:30</b> <i>SDM</i> Master Class (DYC) <b>1:30-3:00</b> Lunch <b>3:00-4:20</b> LOAY &amp; 500hr Required Reading <i>AF</i> <b>4:30-5:50</b> Straps, Blocks &amp; Bolsters: Modifying &amp; Supporting Dharma II Poses With Props <i>All</i> <b>6:00-7:15</b> <i>Kelly</i> Dharma II (DYC) <b>7:30-9:00</b> Dharma II Small Group Teaching (75 min.) &amp; Feedback <i>All</i></p>	<p><b>26</b></p> <p><b>7:00-8:20</b> <i>PJ</i> Pranayama &amp; Dhyana <b>8:30-10:00</b> Dharma II Small Group Teaching (70 min.) &amp; Feedback <i>All</i> <b>10:10-11:50</b> Asana Anatomy &amp; Therapeutic Modification, Session IV (OO) <i>JR</i> <b>12:00-1:30</b> <i>Ekaterina</i> Dharma III (DYC) <b>1:30-3:00</b> Lunch <b>3:00-4:00</b> <i>All</i> Panel Discussion: Sharing Dharma Yoga <b>4:10-5:40</b> DY Classic Wheel Workshop <i>All</i> <b>5:50-7:00</b> <i>AJ</i> New Easy Complete Class <b>7:10-8:35</b> Dharma II Small Group Teaching (70 min.) &amp; Feedback <i>All</i> <b>8:45-9:00</b> <i>AJ</i> Final Meditation</p>	<p><b>27</b></p> <p><b>7:00-8:20</b> <i>PK</i> Pranayama &amp; Dhyana <b>8:30-9:45</b> Dharma II Small Group Teaching (60 min.) &amp; Feedback <i>All</i> <b>10:00-11:30</b> Maha Shakti (DYC) <i>SDM</i> <b>11:30-12:30</b> Yoga Nidra (DYC) <i>SDM</i> <b>12:30-1:30</b> Lunch <b>1:30-2:30</b> <i>SM</i> Dharma I (DYC) <b>3:00-6:00</b> Maha Sadhana (DYC) <i>SDM</i> <b>6:15-7:30</b> Dharma II Small Group Teaching (60 min.) &amp; Feedback <i>All</i> <b>7:40-9:00</b> Rotating Teacher Dharma II Small Groups For Pranayama &amp; Dhyana <i>All</i></p>
<p><b>28</b></p> <p><b>7:00-8:25</b> <i>AJ</i> Pranayama &amp; Dhyana <b>8:35-9:50</b> Dharma II Small Group Teaching (60 min.)&amp; Feedback <i>All</i> <b>10:00-11:50</b> Inverted Postures Workshop <i>All</i> <b>12:00-1:30</b> <i>SDM</i> Master Class (DYC) <b>1:30-3:00</b> Lunch <b>3:00-4:30</b> <i>AF</i> 500hr Inter-module Homework Review <b>4:40-5:50</b> <i>SDM</i> Spiritual Discourse <b>6:00-7:00</b> Final Satsang With Arti (DYC) <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 Sam Manchulenko Brittanie DeChino Jonathan Ronsenthal Adam Frei</p> <p>(DYC) = Regular DYC Class (OO) = Online Only</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 following the program online, please leave your camera on as much as possible.</p>	<p><b>Life of a Yogi</b></p> <p><b>500-hour</b></p> <p><b>Teacher Training</b></p> <p><b>Module I</b></p>	 <p>Dharma Yoga Center, New York</p> <p>July 21-28, 2024</p>