



# Dharma Yoga™

## LOAY TT Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>3</b></p> <p><b>7:00-8:30</b> <i>SDM</i> Pranayama &amp; Dhyana <b>8:40-10:10</b> <i>SDM</i> Spiritual Discourse <b>10:20-11:45</b> Orientation &amp; Introductions <i>All</i> <b>12:00-1:30</b> (DYC) <i>PK</i> Charging Practice I <b>1:30-3:00</b> Lunch <b>3:00-5:50</b> Charging Practice Integrated Breakdown I <i>All</i> <b>6:00-7:30</b> <i>PJ</i> Charging Practice II <b>7:40-9:00</b> Charging Practice Integrated Breakdown II <i>All</i></p>	<p><b>4</b></p> <p><b>7:00-8:30</b> (OO) <i>SM</i> Pranayama &amp; Dhyana <b>8:40-10:10</b> Charging Practice Integrated Breakdown III <i>All</i> <b>10:20-11:50</b> Teaching Pranayama &amp; Dhyana Integrated Breakdown <i>All</i> <b>12:00-1:30</b> (DYC) <i>AJ</i> Charging Practice III <b>1:30-3:00</b> Lunch <b>3:00-4:20</b> Charging Practice Integrated Breakdown IV <i>All</i> <b>4:30-5:50</b> <i>All</i> Charging Practice Integrated Assisting &amp; Adjusting <b>6:00-7:15</b> (DYC) <i>Ayelet</i> Dharma III w/DY Wheel <b>7:25-8:30</b> Breathing &amp; Meditation Small Group Teaching (45 min.) &amp; Feedback <i>All</i></p>	<p><b>5</b></p> <p><b>7:00-8:40</b> Charging Practice Small Group Teaching (80 min.) &amp; Feedback <i>All</i> <b>8:50-10:20</b> <i>SDM</i> Spiritual Discourse (OO) <b>10:30-11:30</b> <i>SDM &amp; AF</i> Pranayama, Chant &amp; Meditation (DYC/OO) <b>12:00-1:30</b> <i>SDM</i> Master Class (DYC/OO) <b>1:30-3:00</b> Lunch <b>3:00-4:35</b> Teaching Pranayama &amp; Dhyana Q&amp;A &amp; Teaching vs. Personal Practice <i>All</i> <b>4:45-5:50</b> Breathing &amp; Meditation Small Group Teaching (45 min.) &amp; Feedback <i>All</i> <b>6:00-7:15</b> <i>Kelly</i> Dharma I/II (DYC) <b>7:25-8:30</b> Breathing &amp; Meditation Small Group Teaching (45 min.) &amp; Feedback <i>All</i></p>	<p><b>6</b></p> <p><b>7:00-8:00</b> <i>PJ</i> Pranayama &amp; Dhyana <b>8:10-9:25</b> Charging Practice Small Group T. (60 min.) &amp; Feedback <i>All</i> <b>9:35-10:35</b> <i>SDM</i> Spiritual Discourse <b>10:45-11:45</b> <i>SDM</i> Yoga Nidra &amp; Pranayama <b>12:00-1:30</b> <i>SDM</i> Master Class (DYC) <b>1:45-2:30</b> <i>SDM</i> Self Knowledge &amp; Spiritual Kirtan (DYC) <b>2:30-3:30</b> Lunch <b>3:30-4:35</b> Life of a Yogi &amp; Offering Spiritual Discourse <i>AF</i> <b>4:45-5:50</b> Breathing &amp; Meditation Small Group Teaching (45 min.) &amp; Feedback <i>All</i> <b>6:00-7:00</b> <i>Azusa</i> Dharma I (DYC) <b>7:10-8:45</b> Charging Practice Small Group T. (75 min.) &amp; Feedback <i>All</i></p>	<p><b>7</b></p> <p><b>7:00-9:20</b> <i>All</i> Modifying Down Charging Practice <b>9:30-10:50</b> <i>SDM</i> Spiritual Discourse <b>11:00-11:45</b> Psychic Development Techniques (DYC) <i>SDM</i> <b>12:00-1:30</b> <i>SDM</i> Master Class (DYC) <b>1:30-3:00</b> Lunch <b>3:00-3:55</b> <i>All</i> Panel Discussion: Becoming Established in Yoga &amp; Sharing the Way <b>4:05-5:10</b> Breathing &amp; Meditation Group Teaching (45 min.) &amp; Feedback <i>All</i> <b>5:20-5:50</b> <i>All</i> Ahimsa Discourse Small Groups 2X <b>6:00-7:15</b> <i>Kelly</i> Dharma II (DYC) <b>7:25-9:00</b> Charging Practice Group Teaching (75 min.) &amp; Feedback <i>All</i></p>	<p><b>8</b></p> <p><b>7:00-8:30</b> (OO) <i>SM</i> Pranayama &amp; Dhyana <b>8:40-9:10</b> Charging Practice Group Teaching (75 min.) &amp; Feedback <i>All</i> <b>9:20-10:20</b> <i>All</i> Ahimsa Discourse Small Groups 4X <b>10:30-11:30</b> Yoga Wheel All Levels (DYC) <i>Ekaterina</i> <b>12:00-1:30</b> <i>Ekaterina</i> Dharma III (DYC) <b>1:30-3:00</b> Lunch <b>3:00-5:10</b> Leveling Up Charging Practice <i>All</i> <b>5:20-6:20</b> Breathing &amp; Meditation Group Teaching (45 min.) &amp; Feedback <i>All</i> <b>6:30-8:30</b> <i>All</i> DY Charging Practice Team Taught Master Class</p>	<p><b>9</b></p> <p><b>7:00-8:30</b> <i>PK</i> Pranayama &amp; Dhyana <b>8:40-9:45</b> Breathing &amp; Meditation Group Teaching (45 min.) &amp; Feedback <i>All</i> <b>10:00-11:30</b> <i>SDM</i> Maha Shakti (DYC) <b>11:30-12:30</b> (DYC) <i>SDM</i> Yoga Nidra Relaxation <b>12:30-1:30</b> Lunch <b>1:30-2:30</b> <i>AJ</i> Dharma I (DYC) <b>3:00-6:00</b> <i>SDM</i> Maha Sadhana (DYC) <b>6:15-7:45</b> Charging Practice Group Teaching (75 min.) &amp; Feedback <i>All</i> <b>7:55-8:30</b> Ahimsa Discourse Small Groups 2X <i>All</i></p>
<p><b>10</b></p> <p><b>7:00-8:30</b> <i>AJ</i> Pranayama &amp; Dhyana <b>8:40-9:45</b> Karma Yoga: A Spiritual Path <i>AJ</i> <b>10:00-11:45</b> DM Classic 77 Wheel Workshop <i>All</i> <b>12:00-1:30</b> <i>PJ</i> Dharma III (DYC) <b>1:30-3:00</b> Lunch <b>3:00-4:20</b> 700/1000hr Internship Guidelines <i>AF</i> <b>4:30-5:50</b> <i>SDM</i> The Essence of Yoga <b>6:00-7:00</b> (DYC) <i>All</i> Final Satsang With Arti</p>		<p><i>DY LOAY TT Faculty:</i></p> <p>Sri Dharma Mittra Ismittee Devi Om Penny Kalloo Andrew Jones Pam Jones Sam Manchulenko 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><b>Life of a Yogi</b></p> <p><b>700/1000-hour</b></p> <p><b>Teacher Training</b></p>	 <p><b>Dharma Yoga</b> New York Center</p> <p>March 3<sup>rd</sup> to 10<sup>th</sup>, 2024</p>

