

Weekly Yoga Schedule

	Monday 30/1	Tuesday 31/1	Wednesday 1/2	Thursday 2/2	Friday 3/2	Saturday 4/2	Sunday 5/2
5am – 6am	Yossi Gentle Yoga	Lila Gentle Yoga	Trainees Gentle Yoga	Trainees Gentle Yoga	Anahata team Gentle Yoga	X	Jhulan Gentle Yoga
6.15am – 7.45am	X	X	Dave Yoga in yoga hall	Dave Yoga outside on grass	Dave Yoga in yoga hall	Yossi Yoga in yoga hall	Yossi Yoga in yoga hall

12:30 - 2pm Kirtan and Yogic Living Workshop	Teacher Trainees Public yoga class	Laxmivan The history of Yoga	Laxmivan Ashtanga Yoga philosophy	Lila Relaxing guided meditation	Henrike Life Coaching skills	12.30pm lunch at Temple	Mukunda Goswami Principles of Yogic living
5pm- 6.30pm	Lila Yoga	Mal Yoga	Lila Yoga	Mal Yoga	Lila 5 Rhythms dance meditation	Dave Yoga	Sunday feast 4 - 6pm {No yoga class}
8pm – 9pm	X	Mansi Cultivating consciousness	X	X	Pizza night and kirtan at Krishna Village!	X	Sunday night kirtan at Temple