

## 200 hour Immersion

Thursdays 6-9pm

Fridays 6-9pm

Saturdays 8am-4pm

Sundays 9am-3pm

Thur. Sept 5	In Person	6pm-9pm	3 hours
Fri. Sept 6	In Person	6pm-9pm	3 hours
Sat. Sept 7	In Person	8am-4pm	8 hours
Sun. Sept 8	In person	9am-3pm	<u>6 hours</u> 20 hours
Thur. Sept. 12	In Person	6pm-9pm	3 hours
Fri. Sept 13	In Person	6pm-9pm	3 hours
Sat. Sept. 14	Virtual	Your time	8 hours
Sun. Sept 15	InPerson	9am-3pm	<u>6 hours</u> 20 hours
Thur. Sept. 19	In Person	6pm-9pm	3 hours
Fri. Sept. 20	In Person	6pm-9pm	3 hours
Sat. Sept. 21	In Person	8am-4pm	8 hours
Sun. Sept. 22	In Person	9am-3pm	<u>6 hours</u> 20 hours
Thur. Sept. 26	In Person	6pm-9pm	3 hours
Fri. Sept. 27	In Person	6pm-9pm	3 hours
Sat. Sept. 28	In Person	8am-4pm	8 hours
Sun. Sept. 29	In Person	9am-3pm	<u>6 hours</u> 20 hours
Thur. Oct. 3	In Person	6pm-9pm	3 hours
Fri. Oct. 4	In Person	6pm-9pm	3 hours
Sat. Oct. 5	In Person	8am-4pm	8 hours
Sun. Oct. 6	In Person	9am-3pm	<u>6 hours</u> 20 hours
Thur. Oct. 10	In Person	6pm-9pm	3 hours
Fri. Oct. 11	Virtual	Your time	3 hours
Sat. Oct. 12	In Person	8am-11:00	3 hours
	Virtual	Your time	6 hours
Sun. Oct. 13	In Person	9am-11am	2 hours
	Virtual	Your time	<u>4 hours</u> 20 hours

Thur. Oct. 17	Virtual	Your time	3 hours
Fri. Oct. 18	Virtual	Your time	3 hours
Sat. Oct. 19	Virtual	Your time	8 hours
Sun. Oct. 20	Virtual	Your time	<u>6 hours</u>
			20 hours

Optional Yoga Retreat in Santa Fe, NM Oct 17-20

Should you attend the Yoga Retreat in Santa Fe New Mexico with me. (Additional cost) that would count as a mini immersion in itself with a total of 25 hours which would allow you a virtual weekend either before or after the retreat.

Thur. Oct. 24	In Person	6pm-9pm	3 hours
Fri. Oct. 25	In Person	6pm-9pm	3 hours
Sat. Oct. 26	In Person	8am-4pm	8 hours
Sun. Oct. 27	In Person	9am-3pm	<u>6 hours</u>
			20 hours

Fri. Nov 1	In Person	6pm-9pm	3 hours
Sat. Nov 2	In Person	8am-4pm	8 hours
Sun. Nov 3	In Person	9am-3pm	<u>6 hours</u>
			17 hours

Thurs. Nov.7	In Person	6pm-9pm	3 hours
Fri. Nov 8	In Person	6pm-9pm	3 hours
Sat. Nov 9	In Person	8am-4pm	8 hours
Sun. Nov 10	In Person	9am-3pm	<u>6 hours</u>
			20 hours

Thurs. Nov.14	In Person	6pm-9pm	3 hours
Fri. Nov 15	In Person	6pm-9pm	3 hours
Sat. Nov 16	In Person	8am-4pm	8 hours
Sun. Nov 17	In Person	9am-3pm	<u>6 hours</u>
			20 hours
			Graduation Celebration