



School of Om

# Weekend Planner

Sept 18/19/20

Welcome Weekend, The 8 Limbs & Vinyasa

Oct 2/3/4

History Of Yoga, Yoga Exploration & Leadership

Oct 16/17/18

Yoga Sutras & Yoga Anatomy

Nov 6/7/8

Meditation & The Nervous System

Dec 4/5/6

Yoga Nidra & Restorative Yoga

Jan 8/9/10

Bhagavad Gita & Teaching Dynamics



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Jan 22/23/24

Pranayama, Science of Yoga & Breath

Feb 5/6/ 7

Chakras & Sound Healing

Feb 19/20/21

Adaptive Yoga, Adjustments & Ethics

Mar 5/6/7

The Business of Yoga, Fellowship & Graduation

Weekends may change as the training unfolds, every weekend you will be reading and exploring concepts of the yogic philosophy and 8 limb path.

*Dive into your practice of elevating suffering and finding wholeness within.*