

# Laurie Blakeney Workshop 2014

## Schedule

| Wed 8/20                             | Thurs 8/21                           | Fri 8/22                                 | Sat 8/23                           | Sun 8/24                           | Mon 8/25                                 |
|--------------------------------------|--------------------------------------|--|------------------------------------|------------------------------------|--|
|                                      |                                      | Intermediate<br>Pranayama<br>8:30-9:30am | Basic<br>Pranayama<br>8:30-9:30am  | Basic<br>Pranayama<br>8:30-9:30am  | Intermediate<br>Pranayama<br>8:30-9:30am |
| Basic<br>Asana<br>8-10am             | Basic<br>Asana<br>8-10am             | Intermediate<br>Asana<br>10am-12:30pm*   | Basic<br>Asana<br>10am-12 noon     | Basic<br>Asana<br>10am-12 noon     | Intermediate<br>Asana<br>10am-12noon     |
| Basic<br>Asana<br>5-6:30pm           | Basic<br>Asana<br>5-6:30pm           |  |                                    |                                    |  |
| Intermediate<br>Asana<br>6:45-8:30pm | Intermediate<br>Asana<br>6:45-8:30pm | Basic<br>Asana<br>6-8pm                  | Intermediate<br>Asana<br>5:30-8pm* | Intermediate<br>Asana<br>5:30-8pm* | Basic<br>Asana<br>5-7pm                  |

\*Denotes longer 2.5 hour class