

Laurie Blakeney Workshop 2018

Schedule

Tues 4/17	Wed 4/18	Thurs 4/19	Fri 4/20	Sat 4/21	Sun 4/22
			Basic Pranayama 8:30-9:30am	Basic Pranayama 8:30-9:30am	Basic Pranayama 8:30-9:30am
Basic Asana 8-10am	Intermediate Asana 8-10:30am*	Basic Asana 8-10am	Basic Asana 10am-12 noon	Basic Asana 10am-12 noon	Basic Asana 10am-12noon
Basic Asana 5:15-6:45pm		Basic Asana 5:15-6:45pm			
Intermediate Asana 6:45-8:30pm^	Basic Sutra and Asana 6-8pm	Intermediate Asana 6:45-8:30pm^	Intermediate Asana 5:30-8pm*	Intermediate Asana 5:30-8pm*	All Levels Restorative 4-6 pm

^ 1.75 hour Intermediate class

* 2.5 hour Intermediate class