



The Lotus Way- Yoga Lifestyle Program 2021 Schedule

Schedule for Wednesday Nights: 7-8:30pm

January 15-17: Introduction Weekend

Friday, 7-9pm

Saturday/Sunday, 12-3:30pm

January Wednesdays: 20, 27

February 12-14: Deepening the Practice

Friday, 7-9pm

Saturday/Sunday, 12-3:30pm

February Wednesdays: 3, 10, 17, 24

March 12-14: Alignment Workshop

with Master Teacher Karin Stephan

Saturday, 12-3:30pm

March Wednesdays: 3, 10, 17, 24, 31

April 16-18: On and Off the Mat

Saturday, 12-3:30pm

Sunday, 12-3:30pm

April Wednesdays: 7, 14, 21, 28

May: Pranayama with Larissa Carlson

2hr Recorded Pranayama workshop

May Wednesdays: 5, 12, 19, 26

June 5: Art of Yoga /Graduation

12-3:30pm

June Wednesday: 2