



# LOTUS POND YOGA

## 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: Yoga Principles/Graduation**

12-3:30pm

*June Wednesday: 2*