

YOGA FOUNDATION SCHEDULE 2019

GROUP	LECTURE#	DATE	MODULE	DAY	WHAT TO EXPECT	LECTURE	TEACHER
syt50 - Yoga Foundation (YF13) Sept-2019							
SYT50 - YF13	Day 1	vrijdag 16 augustus 2019	1	08.30 - 15.30	What is yoga?	Philosophy, Pranayama, Asana	Savitri
SYT50 - YF13	Day 2	zaterdag 17 augustus 2019	1	08.30 - 15.30	Asana practice and philosophy	Ahimsa, Satya	Savitri
SYT50 - YF13	Day 3	vrijdag 13 september 2019	2	08.30 - 15.30	Asana practice and philosophy	Asteya, Brahmacharya	Savitri
SYT50 - YF13	Day 4	vrijdag 20 september 2019	2	08.30 - 15.30	Asana practice and philosophy	Aprigraha, Sauca	Savitri
SYT50 - YF13	Day 5	vrijdag 11 oktober 2019	3	08.30 - 15.30	Asana practice and philosophy	Santosha, Tapas	Savitri
SYT50 - YF13	Day 6	zaterdag 12 oktober 2019	3	08.30 - 15.30	Asana practice and philosophy	Svadyaya, Ishvara pranidhana	Savitri
SYT50 - YF13	FINAL-YF13	TBD	FINAL		CELEBRATION	CELEBRATION	Savitri