

| ~ January 2012 ~ | | | | | | |
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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 Practicum 6:00 -7:00 M/1 Standing Asana w/ Shelby 7:15 -9:15 T=2 TM=1 | 3 NO CLASS | 4 M/1 Standing Asana w/ Anne 6:00 -9:00 T=2 AP=1 | 5 M/1 Standing Asana w/ Anne 6:00 -9:00 T=1 AP=2 | 6 M/1 Standing Asana w/ Shelby 6:00 -9:00 T=2 TM=1 | 7 |
| 8 | 9 Practicum 6:00 – 7:00 T=1 Philosophy w/ Kirti 7:15 -9:15 PLE=2 | 10 NO CLASS | 11 Iyengar Style Yoga w/ Barbara 6:00 -9:00 T=2 TM=1 | 12 M/1 Standing Asana w/ Shelby 6:00 -9:00 T=2 AP=1=1 | 13 Anatomy Bones & Muscles w/ Anne 6:00-9:00 AP=3 | 14 |
| 15 | 16 Practicum 6:00 – 7:00 Anusara Style Yoga w/ Shelby 7:15 – 9:15 T=2 TM=1 | 17 NO CLASS | 18 M/1 Standing Asana w/ Anne 6:00 -9:00 T=2 TM=1 | 19 Adjustment Lab w/ Shelby 6:00-9:00 T=1 TM=2 | 20 Adjustment Lab w/ Anne 6:00-9:00 T=1 TM=2 | 21 |
| 22 | 23 Practicum 6:00 – 7:00 Pranayama w/ Shelby T=2 AP=1 | 24 NO CLASS | 25 Yamas & Niyamas w/ Shelby 6:00 -9:00 PLE=3 | 26 M/2 Seated Asana w/ Anne 6:00 -9:00 T=2 AP=1 | 27 Sanskrit and Meditation w/ Anne 6:00 -9:00 PLE=3 | 28 |
| 29 | 30 Practicum 6:00 – 7:00 Vinyasa w/ Shelby 7:15 -9:15 T=2 TM=1 | 31 NO CLASS | Notes: | | | |