



Weekend timetable.

Training	Friday	Saturday	Sunday
6.00am			
6.30am	Session 1		Session 7
7.00am	Assessment		Asana
7.30am	Practice Sequence- online only		Class
8.00am	6.30-8.30am		6.30-8.30am
8.30am			
9.00am		Session 4	
9.30am		Theory	
10.00am		All participants-Online only	
10.30am		9.00-11.00am	
11.00am			Session 8
11.30am	Session 2		Assessment
12.00pm	Skills development	Session 5	Teaching Segments
12.30pm		Indriya Samyama-Touch	11.00-1.00pm
1.00pm	11.45-2.00pm		
1.30pm		12.00-2.00pm	Session 9
2.00pm			Indriya Samyama-Sight
2.30pm			1.30-3.00pm
3.00pm			
3.30pm	Session 3		
4.00pm	Skills development		
4.30pm			
5.00pm	3.30-5.15pm		
5.30pm			
6.00pm	Established Class	Session 6	
6.30pm	All TD to attend	Dinner/Discussion	
7.00pm	5.45-7.15pm	6.00-8.00pm	
7.30pm			
8.00pm			
8.30pm			