

## Midweek Program timetable

	Monday	Tuesday	Wednesday	Thursday
6:30	<b>Session 1a</b>  Asana Pranayama class	<b>Session 1b</b>  Asana Pranayama class	<b>Session 1c</b>  Asana Pranayama class	<b>Session 1d</b>  Asana Pranayama class
7:00				
7:30				
8:00				
8:30				
9:00				
9:30				
10:00	<b>Session 2</b> Theory	<b>Session 3</b> Case studies	Assist/Observe remedial class	<b>Session 4</b> Case studies
10:30				
11:00				
11:30				
12:00			Own practice	
12:30				
1:00				
1:30				
2:00				
2:30				
3:00		Syllabus-led practice		
3:30				
4:00				
4:30				
5:00	Pranayama practice		Pranayama practice	
5:30				
6:00	Assist/Observe Level 1 and Level 2 classes		Assist/Observe Beg 2 and Level 2 classes	Practice teaching using volunteer students from Yoga Mandir
6:30				
7:00				
7:30				
8:00				
8:30				
9:00				