

## YOGA FOUNDATION SCHEDULE 2017/2018

GROUP	LECTURE#	DATE	MODULE	DAY	WHAT TO EXPECT	LECTURE	TEACHER
<b>syt50 - Yoga Foundation (YF10) July-2018</b>							
SYT50 - YF10	Day 1	zondag 1 juli 2018	1	08.30 - 15.30	What is yoga?	Philosophy, Pranayama, Asana	Savitri
SYT50 - YF10	Day 2	vrijdag 3 augustus 2018	1	08.30 - 15.30	Asana practice and philosophy	Ahimsa, Satya	Savitri
SYT50 - YF10	Day 3	zaterdag 4 augustus 2018	2	08.30 - 15.30	Asana practice and philosophy	Asteya, Brahmacharya	Savitri
SYT50 - YF10	Day 4	vrijdag 24 augustus 2018	2	08.30 - 15.30	Asana practice and philosophy	Aprigraha, Sauca	Savitri
SYT50 - YF10	Day 5	zaterdag 25 augustus 2018	3	08.30 - 15.30	Asana practice and philosophy	Santosha, Tapas	Savitri
SYT50 - YF10	Day 6	zondag 2 september 2018	3	08.30 - 15.30	Asana practice and philosophy	Svadhyaya, Ishvara pranidhana	Savitri
SYT50 - YF10	FINAL-YF10	vrijdag 14 september 2018	FINAL	19.30-22.00 - 17.00	CELEBRATION	Finalizing assignments	Savitri