



**Abhaya Yoga 100 Hour Immersion
Spring 2019**

**Location: Abhaya Yoga Gowanus
February 8-May, 2019**

Part 1 Abhaya Immersion- February - March

**Weekends Friday- Sunday
February 8-10, 15-17, 22-24; March 1-3, 8-10, 15-17,**

Fridays (6:15-9:15pm):

6:15-6:45pm- Arrival and Lecture

6:45p- 8pm: Bhava Asana Class

8-9:15pm: Lecture, Processing, Philosophy

Saturdays 10-6pm:

10-11am Lecture

11-1pm Asana

1-2 Break

2-4 Anatomy Study

4-6p Philosophy, Ayurveda, Meditation, and Restorative

Sundays 10-6pm:

10am Asana Class
11:30-12:30 Break
12:30-2:30 Philosophy
2:30-4pm Anatomy Study
4-4:30pm Break
4:30-6pm Therapeutics



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