

**NOTE to students on Asana practice:**

Please choose any practice that you would like to attend, or do your usual practice on your own.

MARCH	SUNDAY 7	GUIDE	VENUE	TIME
<b>MORNING SESSION</b>				
6:00 AM	SIVA PUJA & TEXT READING	@rmosesnamarupa	INSTAGRAM	30 mins
6:30 AM	MEDITATION	SELF	HOME ALONE	15 mins
6:45 AM	SANKALPA	EDDIE	ZOOM LIVE	15 mins
7:00 AM	PRANAYAMA	ROBERT	ZOOM LIVE	50 mins
8:00 AM	PRIMARY SERIES	EDDIE	ZOOM LIVE	90 mins
10:00 AM	or INTERMEDIATE SERIES	EDDIE	ZOOM LIVE	90 mins
<b>AFTERNOON SESSION</b>				
4:00 PM	PRANAYAMA PRACTICE	ROBERT	ZOOM LIVE	45 mins
4:45 PM	BREAK			15 mins
5:00 PM	HATHAYOGAPRADIPIKA	ROBERT & EDDIE	ZOOM LIVE	60 mins
6:00 PM	BREAK			15 mins
6:15 PM	SIVA PUJA WORKSHOP	EDDIE & ROBERT	ZOOM LIVE	45 mins
7:00 PM	MANTRA CHANTING	EDDIE	ZOOM LIVE	15 mins
7:15 PM	SILENT MEDITATION	SELF	HOME ALONE	30 mins
	<b>MONDAY 8 - OPTIONAL</b>			
7:00 AM	YOGA ASANA CLASS	EDDIE	ZOOM LIVE	60 mins
6:00 PM	YOGA THERAPY CLASS	EDDIE	ZOOM LIVE	60 mins
	<b>TUESDAY 9</b>			
<b>MORNING SESSION</b>				
5:15 AM	MEDITATION	SELF	HOME ALONE	30 mins
5:45 AM	SANKALPA	EDDIE	ZOOM LIVE	15 mins
6:00 AM	PRANAYAMA	ROBERT	ZOOM LIVE	45 mins
6:45 AM	BREAK			15 mins
7:00 AM	PRIMARY SERIES plus 1/2 INTERMEDIATE	EDDIE	ZOOM LIVE	90 mins
<b>AFTERNOON SESSION</b>				
4:00 PM	PRANAYAMA PRACTICE	ROBERT	ZOOM LIVE	45 mins
4:45 PM	BREAK			15 mins
5:00 PM	HATHAYOGAPRADIPIKA	ROBERT & EDDIE	ZOOM LIVE	60 mins
6:00 PM	BREAK			15 mins
6:15 PM	SIVA PUJA WORKSHOP	EDDIE & ROBERT	ZOOM LIVE	45 mins
7:00 PM	MANTRA CHANTING	EDDIE	ZOOM LIVE	15 mins
7:15 PM	SILENT MEDITATION	SELF	HOME ALONE	30 mins
	<b>THURSDAY 11</b>			
<b>MORNING SESSION</b>				
5:15 AM	MEDITATION	SELF	HOME ALONE	30 mins
5:45 AM	SANKALPA	EDDIE	ZOOM LIVE	15 mins
6:00 AM	PRANAYAMA	ROBERT	ZOOM LIVE	45 mins
6:45 AM	BREAK			15 mins
7:00 AM	ASANA PRACTICE	EDDIE	ZOOM LIVE	60 mins
<b>AFTERNOON SESSION</b>				
4:00 PM	PRANAYAMA PRACTICE	ROBERT	ZOOM LIVE	45 mins
4:45 PM	BREAK			15 mins
5:00 PM	HATHAYOGAPRADIPIKA	ROBERT & EDDIE	ZOOM LIVE	60 mins
6:00 PM	BREAK			30 mins
6:30 PM	SIVARATRI PUJA • FIRST	EDDIE & ROBERT	ZOOM LIVE	60 mins
7:30 PM	QUESTIONS & ANSWERS	EDDIE & ROBERT	ZOOM LIVE	30 mins
8:00 PM	CLOSING & FAREWELL	EDDIE & ROBERT	ZOOM LIVE	