



# Dharma Yoga

## LOAY TT Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>Dharma Yoga</b> New York Center</p> <p>November 6-12, 2023</p>	<p><i>DY LOAY TT Faculty:</i></p> <p>Sri Dharma Mittra Ismrittee Devi Om Penny Kalloo Justine Hoang Andrew Jones Pam Jones Adam Frei</p>	<p>Notes:</p> <p>Be punctual. Login at least 5-10 minutes before class starting times.</p> <p>Maintain silence before and after classes.</p> <p>Please leave your camera on during all live classes.</p> <p>Session Online Only: OO Regular DYC Class: DYC</p>	 <p><b>50-hour Immersion</b></p> <p>A Taste of Dharma Yoga</p>			
<p><b>6</b></p> <p>9:00-10:15 <i>PK</i> Pranayama &amp; Dhyana 10:25-11:45 Orientation &amp; Introductions <i>All</i> 12:00-1:30 <i>PK</i> Dharma II (DYC)</p> <p>(1:30-3:00 Lunch)</p> <p>3:00-4:35 Dharma Easy Complete Class Integrated Breakdown, Session I <i>PK &amp; JH</i> 4:45-5:45 Dharma Easy Complete Class <i>JH</i> 6:00-7:30 <i>Ayelet</i> Dharma III With Dharma Yoga Wheel (DYC)</p>	<p><b>7</b></p> <p>9:00-10:20 <i>SDM</i> Spiritual Discourse (OO) 10:30-11:30 Pranayama, Meditation &amp; Kirtan (DYC/OO) <i>SDM &amp; AF</i> 12:00-1:30 Master Class (DYC/OO) <i>SDM</i></p> <p>(1:30-3:30 Lunch)</p> <p>3:30-5:45 Dharma Easy Complete Class Integrated Breakdown, Session II <i>PK &amp; JH</i> 6:00-7:00 Dharma Easy Complete Class <i>PK</i> 7:30-8:30 <i>Stephen</i> Dharma Gentle (DYC)</p>	<p><b>8</b></p> <p>9:30-10:30 Dharma Easy Complete Class <i>JH</i> 10:45-11:45 Yoga Nidra &amp; Pranayama <i>SDM</i> 12:00-1:30 Master Class (DYC) <i>SDM</i> 1:45-2:30 Self Knowledge &amp; Spiritual Kirtan (DYC) <i>SDM, JH &amp; AF</i></p> <p>(2:30-3:30 Lunch)</p> <p>3:30-4:30 <i>AF</i> Life of a Yogi Lecture 4:45-6:15 DY Assisting &amp; Adjusting Overview <i>PK &amp; JH</i> 6:30-7:30 <i>Azusa</i> Dharma I (DYC)</p>	<p><b>9</b></p> <p>8:30-9:30 <i>AF</i> Pranayama &amp; Dhyana 9:45-10:45 <i>SDM</i> Spiritual Discourse 11:00-11:45 <i>SDM</i> Psychic Development (DYC) 12:00-1:30 Master Class (DYC) <i>SDM</i></p> <p>(1:30-2:30 Lunch)</p> <p>2:30-4:30 <i>PJ</i> Dharma Yoga Diet &amp; Vegan Cooking (OO) 4:45-5:45 Dharma Easy Complete Class (OO) <i>PJ</i> 6:00-7:15 <i>Kelly</i> Dharma I/II (DYC)</p>	<p><b>10</b></p> <p>8:45-10:15 Pranayama &amp; Dhyana (OO) <i>AJ</i> 10:30-11:30 Dharma Yoga Wheel All Level (DYC) <i>Ekaterina</i> 12:00-1:30 <i>Ekaterina</i> Dharma II/III (DYC)</p> <p>(1:30-3:00 Lunch)</p> <p>3:00-4:00 Dharma Easy Complete Class Final Q&amp;A <i>PK &amp; JH</i> 4:15-5:45 <i>PK &amp; JH</i> Inverted Poses Workshop 6:00-7:00 Dharma Easy Complete Class <i>JH</i></p>	<p><b>11</b></p> <p>8:30-9:45 <i>PK</i> Pranayama &amp; Dhyana 10:00-11:30 Maha Shakti (DYC) <i>SDM</i> 11:30-12:30 Yoga Nidra (DYC) <i>SDM</i></p> <p>(12:30-1:30 Lunch)</p> <p>1:30-2:30 <i>Salva</i> Dharma I/II (DYC) 3:00-6:30 <i>SDM</i> Maha Sadhana (DYC)</p>	<p><b>12</b></p> <p>9:00-10:20 <i>JH</i> Pranayama &amp; Dhyana 10:30-11:45 Dharma I <i>AJ</i> (DYC/OO) 12:00-1:30 <i>Jessica</i> Charging Practice (DYC)</p> <p>(1:30-2:30 Lunch)</p> <p>2:30-3:30 <i>PK &amp; JH</i> Panel Discussion: Finding Your Way 3:45-4:45 Dharma Easy Complete Class <i>PK</i> 5:00-6:30 Final DY LOAY TT Graduation Satsang (DYC) <i>SDM, JH &amp; AF</i></p>