

TIMETABLE FOR SUNDAY 3 JUNE 2018

	9.00 -10.30 (1.5hrs – with a short break)	11.00 -12.15 (1.25hrs)	1.30 -2.30 (1hr)	2.45 - 4.15 (1.5hrs – with a short break)	
3 June Sunday	Review of pranayama as it relates to Yama, Niyama, and Asana	Theory and Practice. Breath regulated asana as a preparation for Pranayama Practice	Chant in Pranayama Theory and Practice	How to layer body, mind, breath into an integrated practice – a sadhana.	5.25 hrs
Teacher:	V. Srinivasan	V. Srinivasan	Fiona Hardie	V. Srinivasan	

TIMETABLE FOR WEEKEND 9-10 JUNE 2018

	7.00-8.00 (1hr)	9.00 -10.30 (1.5hrs – with a short break)	11.00 -12.15 (1.25hrs)	1.30 -2.30 (1hr)	2.45 - 4.15 (1.5hrs – with a short break)	4.30 - 5.30 (1hr)	7.25hrs
9 June Saturday	Asana & Pranayama	Therapeutic Approach at the KYM	The value of Pranayama as a therapeutic tool – case studies from KYM	Research – Monash Uni Observational approach to research by published writer	Pranayama as a meditative tool	Meditative Practice	7.25hrs
Teacher:	Leanne Gillies	V. Srinivasan	V. Srinivasan	Dr. Helen Forbes-Mewett	V. Srinivasan	Fiona Hardie	
10 June Sunday	Asana & Pranayama	Yoga's approach to Lifestyle and pranayama practice (Vihara and Pranayama)	The value of Pranayama as a therapeutic tool – case studies from KYM	Introduction to the Western Approach to Diet and Nutrition (Ahara)	Ahara- Yoga's Approach to Diet and its relationship with pranayama practice	Meditative Practice	7.25hrs
Teacher:	Dani Pritchard	V. Srinivasan	V. Srinivasan	Rebecca Nathan	V. Srinivasan	Fiona Hardie	