



Dharma Yoga

LOAY TT Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>Dharma Yoga New York Center</p> <p>November 11-17, 2024</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>50-hour Immersion</p> <p>A Taste of Dharma Yoga</p>		
<p>11</p> <p>9:00-10:15 <i>AF</i> Pranayama & Dhyana 10:25-11:45 Orientation & Introductions <i>All</i> 12:00-1:30 <i>PK</i> Dharma II (DYC)</p> <p>(1:30-3:00 Lunch)</p> <p>3:00-4:40 Dharma Easy Complete Class Integrated Breakdown, Session I <i>PK & JH</i> 4:50-5:50 Dharma Easy Complete Class <i>JH</i> 6:00-7:15 <i>JH</i> Dharma III With Dharma Yoga Wheel (DYC)</p>	<p>12</p> <p>9:00-10:20 <i>SDM</i> Spiritual Discourse 10:30-11:30 Pranayama, Meditation & Kirtan (DYC) <i>SDM & AF</i> 12:00-1:30 Master Class (DYC) <i>SDM</i></p> <p>(1:30-3:00 Lunch)</p> <p>3:00-4:40 Dharma Easy Complete Class Integrated Breakdown, Session II <i>PK & JH</i> 4:50-5:50 Dharma Easy Complete Class <i>PK</i> 6:00-7:15 <i>Kelly</i> Dharma II (DYC)</p>	<p>13</p> <p>9:30-10:30 Dharma Easy Complete Class <i>JH</i> 10:45-11:45 Yoga Nidra & Pranayama <i>SDM</i> 12:00-1:30 Master Class (DYC) <i>SDM</i> 1:45-2:30 Self Knowledge & Spiritual Kirtan (DYC) <i>SDM, JH & AF</i></p> <p>(2:30-3:30 Lunch)</p> <p>3:30-4:30 <i>AF</i> Life of a Yogi Lecture 4:40-6:20 Easy Complete Class Breakdown III & DY Assisting & Adjusting Overview <i>PK & JH</i> 6:30-7:30 <i>Azusa</i> Dharma I (DYC)</p>	<p>14</p> <p>8:30-9:30 <i>PK</i> Pranayama & 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 & Vegan Cooking (OO) 4:45-5:45 Dharma Easy Complete Class (OO) <i>PJ</i> 6:00-7:15 <i>Kelly</i> Dharma II (DYC)</p>	<p>15</p> <p>8:45-10:15 Pranayama & Dhyana (OO) <i>AJ</i> 10:30-11:30 Dharma Yoga Wheel All Levels (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&A <i>PK & JH</i> 4:15-5:45 <i>PK & JH</i> Inverted Poses Workshop 6:00-7:00 Dharma Easy Complete Class <i>JH</i></p>	<p>16</p> <p>8:30-9:45 <i>Jonathan</i> Pranayama & 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>Jonathan</i> Dharma I/II (DYC) 3:00-6:00 <i>SDM</i> Maha Sadhana (DYC)</p>	<p>17</p> <p>9:00-10:20 <i>JH</i> Pranayama & Dhyana 10:30-11:45 Dharma I <i>AJ</i> (DYC/OO) 12:00-1:30 <i>Jessica</i> DY Charging Practice(DYC)</p> <p>(1:30-2:30 Lunch)</p> <p>2:30-3:30 <i>PK & JH</i> Panel Discussion: Finding Your Way 3:45-4:45 Dharma Easy Complete Class <i>PK</i> 5:00-6:15 Final LOAY TT Graduation Satsang (DYC) <i>SDM, JH & AF</i></p>