| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| Dharma Yoga New York Center<br><br>March 9-15, 2026 | *DY LOAY TT Faculty:*<br><br>Sri Dharma Mittra<br>Ismrittee Devi Om<br>Penny Kalloo<br>Justine Hoang<br>Adam Frei<br><br>Regular DYC Class: (DYC) | | Notes:<br><br>Be punctual. Login at least 5-10 minutes before class starting times.<br><br>Maintain silence before and after classes.<br><br>Please leave your camera on during all live classes. | | 50-hour Immersion<br><br>A Taste of Dharma Yoga | |
| **9**<br><br>**9:00-10:15** ***AF*** Pranayama & Dhyana<br>**10:25-11:45** Orientation & Introductions ***All***<br>**12:00-1:30** ***JH*** Dharma II (DYC)<br><br>**(1:30-3:00** Lunch)<br><br>**3:00-4:40** Dharma Easy Complete Class Integrated Breakdown, Session I ***PK & JH***<br>**4:50-5:50** Dharma Easy Complete Class ***PK***<br>**6:00-7:15** ***Ayelet*** Dharma III With Dharma Yoga Wheel (DYC) | **10**<br><br>**9:00-10:05** ***SDM*** Spiritual Discourse<br>**10:15-11:15** Pranayama, Self Knowledge & Yoga Nidra (DYC) ***SDM***<br>**11:30-1:00** Master Class (DYC) ***SDM***<br><br>**(1:00-3:00** Lunch)<br><br>**3:00-4:40** Dharma Easy Complete Class Integrated Breakdown, Session II ***PK & JH***<br>**4:50-5:50** Dharma Easy Complete Class ***JH***<br>**6:00-7:15** ***Kelly*** Dharma II (DYC) | **11**<br><br>**9:00-10:00** Dharma Easy Complete Class ***JH***<br>**10:15-11:15** Pranayama, Self Knowledge & Yoga Nidra (DYC) ***SDM***<br>**11:30-1:00** Master Class (DYC) ***SDM***<br><br>**(1:00-2:30** Lunch)<br><br>**2:30-3:30** ***AF*** Life of a Yogi Lecture<br>**3:40-5:00** Easy Complete Class Breakdown III & DY Assisting & Adjusting Overview ***PK & JH***<br>**5:15-6:15** ***SDM*** Psychic Development & Yoga Nidra (DYC)<br>**6:30-8:00** ***SDM*** All Level Complete Practice (DYC) | **12**<br>**8:00-8:50** ***JH*** Pranayama & Dhyana<br>**9:00-10:00** ***SDM*** Spiritual Discourse<br>**10:15-11:15** ***SDM*** Psychic Development & Yoga Nidra (DYC)<br>**11:30-1:00** Master Class (DYC) ***SDM***<br><br>**(1:00-3:00** Lunch)<br><br>**3:00-4:00** Overview: *The Bhagavad Gita* ***PK***<br>**4:10-4:40** DY Assisting & Adjusting Overview Cont. ***PK & JH***<br>**4:50-5:50** Dharma Easy Complete Class ***PK***<br>**6:00-7:15** ***Kelly*** Dharma II (DYC) | **13**<br>**8:45-10:15** ***PK*** Pranayama & Dhyana<br>**10:30-11:30** Dharma Yoga Wheel All Levels (DYC) ***Ekaterina***<br>**12:00-1:30** ***Ekaterina*** Dharma II/III (DYC)<br><br>**(1:30-3:00** Lunch)<br><br>**3:00-4:00** Dharma Easy Complete Class Final Q&A ***PK & JH***<br>**4:15-5:45** ***PK & JH*** Inverted Poses Workshop<br>**6:00-7:00** Dharma Easy Complete Class ***JH*** | **14**<br>**8:30-9:45** ***Jonathan*** Pranayama & Dhyana<br>**10:00-11:30** All Level Complete Practice (DYC) ***SDM***<br>**11:45-12:45** Pranayama, Self Knowledge & Yoga Nidra (DYC) ***SDM***<br><br>**(12:45-1:30** Lunch)<br><br>**1:30-2:30** ***Jonathan*** Dharma I/II (DYC)<br>**3:00-6:00** ***SDM*** Maha Sadhana (DYC) | **15**<br><br>**9:00-10:15** ***Athena*** Dharma I<br>**10:25-11:45** ***Athena*** Pranayama & Dhyana<br>**12:00-1:30** ***Jessica*** DY Charging Practice(DYC)<br><br>**(1:30-3:30** Lunch)<br><br>**3:30-4:30** ***PK & JH*** Panel Discussion: Finding Your Way<br>**4:40-5:40** Dharma Easy Complete Class ***PK***<br>**5:50-7:00** Final Satsang With Arti (DYC) ***All*** |