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Date	Topic	Hours	Completed
Aug 17, 2016	Self Regulation/ Savasana	3	
Aug 20, 2016	Meditation/ 8 Limbs of Yoga	6.5	
Aug 21, 2016	Healthy Movement Patterns	6.5	
Aug 24, 2016	Yoga Basics - Spinal Floss	3	
Aug 28, 2016	Mindset and the Yoga Sutras Directions of Movement and Cues	6.5	
Aug 31, 2016	Yoga Basics - Spinal Floss	3	
Sep 7, 2016	Yoga Basics - Moon Salutes	3	
Sep 21, 2016	Yoga Basics - Moon Salutes	3	
Sep 28, 2016	Yoga Basics	3	
Oct 1, 2016	Focus on the Feet and Knees	6.5	
Oct 5, 2016	Yoga Basics	3	
Oct 8, 2016	Focus on Back and Abdominals	6.5	
Oct 12, 2016	Yoga Basics - Sun Salutes	3	
Oct 19, 2016	Yoga Basics - Sun Salutes	3	
Oct 26, 2016	Yoga Basics	3	
Nov 2, 2016	Yoga Basics	3	
Nov 5, 2016	Focus on Hips	6.5	
Nov 6, 2016	Focus on Shoulders and Neck	6.5	
Nov 9, 2016	Yoga Basics	3	
Nov 16, 2016	Yoga Basics	3	
Jan 11, 2017	Yoga Basics	3	
Jan 14, 2017	The Pancamaya Model - Overview	6.5	
Jan 15, 2017	The Pancamaya Model - Digestion, Circulation	6.5	
Jan 18, 2017	Yoga Basics	3	
Jan 21, 2017	The Pancamaya Model - Therapeutics	6.5	
Jan 22, 2017	The Pancamaya Model: Subtle Body	6.5	
Jan 25, 2017	Yoga Basics	3	
Feb 1, 2017	Yoga Basics	3	
Feb 4, 2017	The Pancamaya Model: Subtle Body	6.5	
Feb 5, 2017	The Art of Sequencing: Doshas, Gunas	6.5	

