



**Abhaya Yoga 100 Hour Immersion
Spring 2020**

Location: Abhaya Yoga Gowanus

Part 1 Abhaya Immersion- February - March 2020

Weekends Friday- Sunday

February 7-9, 14-16, 21-23; February 28- March 1, March 6-8

Total= 100 hours

Each day includes Asana Practice, Anatomy, Breath Work, Yoga Study/ discussion. Also included: Ayurveda, Lifestyle, Meditation, Philosophy study

Fridays (6:15-9:15pm):

6:15-6:45pm- Arrival and Lecture

6:45p- 8pm: Bhava Asana Class (yoga with live music)

8-9:15pm: Lecture, Processing, Philosophy

Saturdays 10-6pm:

10-11am Lecture

11-1pm Asana

1-2 Break

2-4 Anatomy Study

4-6p Philosophy, Ayurveda, Meditation, and Restorative

Sundays 10-6pm:

10am Asana Class

11:30-12:30 Break

12:30-2:30 Philosophy

2:30-4pm Anatomy Study

4-4:30pm Break

4:30-6pm Therapeutics



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