



**Abhaya Yoga Online Immersion
Date & Times March 21- May 23**



Sundays 9am-11:15pm, 12-3pm
March 21, April 11 & 18

Mondays 9am-12pm*
March 22, April 5, 12 & 19

Wednesdays 12-1pm*, 6-9pm
March 24, April 7, 14 & 21

Fridays 12-1pm*
April 9, 16 & 23

*Sessions will be recorded live attendance not required.