

Sri O.P. TIWARI Workshop 10-15 September 2013

| | Tuesday Sep 10 | Wednesday Sep 11 | Thursday Sep 12 | Friday Sep 13 | Saturday Sep 14 | Sunday Sep 15 |
|-------------|--|--|---|---|--|---|
| 07.00-09.00 | Pranayama Break 10 Minutes Important Yoga Sutras | Pulse Check Pranayama Break 10 Minutes Yoga Sutras | Pulse Check Pranayama Break 10 Minutes Yoga Sutras | Pulse Check Pranayama Break 10 Minutes Yoga Sutras | 08-10 Pulse Check Pranayama Break 10 Minutes Yoga Sutras | 08-10 Pranayama Break 10 Minutes Chakras & Kundalini |
| 15.45-17.45 | Lecture/Q & A Break 10 Minutes Pranayama Chanting | History of Yoga Break 10 Minutes Pranayama Chanting | Bhagavad Gita Break 10 Minutes Pranayama Chanting | Bhagavad Gita Break 10 Minutes Pranayama Chanting | 2:00-15:30 Lecture/Q & A Break 10 Minutes Pranayama Chanting | 12-13 Q&A |

The Schedule might have some changes, you will be informed about them by email when you register for the course!
Week-end schedule is different!