

Yoga for a Healthy Back Training
with Rose Kress
2013 Daily Schedule*

Day	Time	
10/3 Thursday	6:30 – 9:00pm	Opening
10/4 Friday	7:00 – 8:30am	Sadhana – Yoga Practice
Focus: Sacrum & Lumbar	8:30 – 9:30am	Breakfast
	9:30 – 12:30	Morning Session
	12:30 – 3:00pm	Lunch
	3:00 – 6:00pm	Afternoon Session
10/5 Saturday	7:00 – 8:30am	Sadhana – Yoga Practice
Focus: Abdominals	8:30 – 9:30am	Breakfast
	9:30 – 12:30	Morning Session
	12:30 – 3:00pm	Lunch
	3:00 – 6:00pm	Afternoon Session
10/6 Sunday	7:00 – 8:30am	Sadhana – Yoga Practice
Focus: Back Breathing	8:30 – 9:30am	Breakfast
	9:30 – 12:30	Morning Session
	12:30 – 3:00pm	Lunch
	3:00 – 6:00pm	Afternoon Session
10/7 Monday	7:00 – 8:30am	Sadhana – Yoga Practice
Focus: Integration	8:30 – 9:30am	Breakfast
	9:30 – 12:30	Morning Session
	12:30 – 3:00pm	Lunch
	3:00 – 6:00pm	Afternoon Session
10/8 Tuesday	9:00am – 12:00	Closing Session / Graduation

Register Today:

www.yoginirose.com/yoga-with-rose/yoga-for-a-healthy-back-training

520-349-2644

*Subject to change