



LESLIE HANKS' YOGA UNLIMITED™

"HATHA YOGA FOR THE KRIYA TRADITION"



Spring / Summer Calendar • 2018

March 2018

- Saturday, 10th
TEACHER TRAINING, RYT 200
"Hatha Yoga for the Kriya Tradition"
begins (3 month program)
- Saturday, 24th
An Ideal Day: Yoga Gardens – Medicine Chest of Ayurveda™
9:00 A.M. - 3:00 P.M.

April 2018

- Saturday, 14th
An Ideal Day: Meditation - The Timeless Art
9:00 A.M. - 3:00 P.M.
- Friday, 27th - Sunday, 29th
Ayurvedic Consultations
Ed Danaher - Ayurvedic Institute
(call for appointments)

May 2018

- Saturday, 5th
An Ideal Day: Panchakarma at Home
9:00 A.M. - 3:00 P.M.
- Saturday, 19th
The Yoga Cooking Class: Vegetarian, East Indian "The 6 Tastes of All Foods"
9:00 A.M. - 3:00 P.M.

Garden Tour
May 12th
10 AM - 5 PM



June 2018

- Saturday, 9th
TEACHER TRAINING, RYT 200
"Hatha Yoga for the Kriya Tradition"
begins (3 month program)
- Saturday, 23rd
An Ideal Day: Yoga for Weight Loss and Good Digestion
9:00 A.M. - 3:00 P.M.

July 2018

- Saturday, 14th
An Ideal Day: Meditation - The Timeless Art
9:00 A.M. - 3:00 P.M.
- Saturday, 28th
An Ideal Day: A Yoga for Healthy Sinus and Strong Lungs
9:00 A.M. - 3:00 P.M.

August 2018

- Wednesday, 1st - Saturday, 4th
IMMERSION WELLNESS RETREAT
Teacher Training RYT 200
"Hatha Yoga for the Kriya Tradition"
- Saturday, 4th
Yoga by the Waters
The Wacissa River • 9:00 A.M. - 3:00 P.M.

Teacher Training Graduates

RYT 200

✦ **CONGRATULATIONS!** ✦