



LESLIE HANKS' YOGA UNLIMITED™

"HATHA YOGA IN THE KRIYA TRADITION"



Registered Yoga School

Fall / Winter Calendar • 2018 - 2019

September 2018

FALL RE-OPENING

WELCOME BACK YOGA FAMILY!!

- 12th
TEACHER TRAINING, RYT 200
"Hatha Yoga in the Kriya Tradition"
begins (3 month program)
- 15th
An Ideal Day: Yoga Gardens –
Medicine Chest of Ayurveda™
9:00 A.M. - 3:00 P.M.
- 29th
An Ideal Day:
Yoga for Healthy Sinus and Strong Lungs
9:00 A.M. - 3:00 P.M.

October 2018

- 6th
Student Instructor Workshop:
* Graduate Intern Presenters *
- 13th
The Yoga Cooking Class: Vegetarian
East Indian "The 6 Tastes of All Foods"
9:00 A.M. - 3:00 P.M.
- 26th - 28th
Ayurvedic Consultations
ED DANAHER - AYURVEDIC INSTITUTE
(call for appointments)

November 2018

- 3rd
An Ideal Day: Panchakarma at Home
Ayurvedic Cleansing and Renewal
9:00 A.M. - 3:00 P.M.
- 14th - 18th
IMMERSION WELLNESS RETREAT
Teacher Training RYT 200
"Hatha Yoga in the Kriya Tradition"
5 Day Retreat
- 17th
An Ideal Day: The 7 Basic Pranayamas
9:00 A.M. - 3:00 P.M.

December 2018

- 8th
An Ideal Day: Yoga for Weight Loss
and Good Digestion
9:00 A.M. - 3:00 P.M.
- 15th
An Ideal Day: Meditation - The Timeless Art
9:00 A.M. - 3:00 P.M.

Teacher Training Graduates

RYT 200

* CONGRATULATIONS! *

January 2019

- 12th ★ Happy New Year ★
TEACHER TRAINING, RYT 200
"Hatha Yoga in the Kriya Tradition"
begins (3 month program)
- 19th
The Yoga Cooking Class: Vegetarian
East Indian "The 6 Tastes of All Foods"
9:00 A.M. - 3:00 P.M.
- 26th
An Ideal Day: The Yoga Home Gym™
Balance, Fitness and Yoga
9:00 A.M. - 3:00 P.M.

February 2019

- 6th - 10th
IMMERSION WELLNESS RETREAT
Teacher Training RYT 200
"Hatha Yoga in the Kriya Tradition"
5 Day Retreat
- 9th
An Ideal Day: Meditation - The Timeless Art
9:00 A.M. - 3:00 P.M.
- 23rd
An Ideal Day: Yoga Gardens –
Medicine Chest of Ayurveda™
9:00 A.M. - 3:00 P.M.

LOOK For Spring / Summer Calendar
Wednesday, March 6, 2019