



# LESLIE HANKS' YOGA UNLIMITED™

## "HATHA YOGA IN THE KRIYA TRADITION"



Registered Yoga School

### Fall / Winter Calendar • 2017 - 2018

#### September 2017

##### FALL RE-OPENING

##### WELCOME BACK YOGA FAMILY!!

- 6th  
**TEACHER TRAINING, RYT 200**  
"Hatha Yoga in the Kriya Tradition"  
begins (3 month program)
- 9th  
**An Ideal Day:** Yoga Gardens –  
Medicine Chest of Ayurveda™  
9:00 A.M. - 3:00 P.M.
- 23rd  
**An Ideal Day:** Personal Spiritual Retreat  
How, When, Where, Why?  
9:00 A.M. - 3:00 P.M.

#### October 2017

- 7th  
**Student Instructor Workshop:**  
\* Graduate Intern Presenters \*
- 14th  
**The Yoga Cooking Class:** Vegetarian  
East Indian "The 6 Tastes of All Foods"  
9:00 A.M. - 3:00 P.M.
- 27th - 29th  
**Ayurvedic Consultations**  
ED DANAHER - AYURVEDIC INSTITUTE  
(call for appointments)

#### November 2017

- 4th  
**An Ideal Day:** Panchakarma at Home  
Ayurvedic Cleansing and Renewal  
9:00 A.M. - 3:00 P.M.
- 17th - 21st  
**IMMERSION WELLNESS RETREAT**  
Teacher Training RYT 200  
"Hatha Yoga in the Kriya Tradition"  
5 Day Retreat
- 18th  
**An Ideal Day:** The 7 Basic Pranayamas  
9:00 A.M. - 3:00 P.M.

#### December 2017

- 9th  
**An Ideal Day:** Studies of the Bhagavad Gita,  
"Spirit & Nature Dancing Together"  
9:00 A.M. - 3:00 P.M.
- 16th  
**An Ideal Day:** Meditation - The Timeless Art  
9:00 A.M. - 3:00 P.M.

#### Teacher Training Graduates

## RYT 200

\* CONGRATULATIONS! \*

#### January 2018

- 13th ☆ Happy New Year ☆  
**TEACHER TRAINING, RYT 200**  
"Hatha Yoga in the Kriya Tradition"  
begins (3 month program)
- 20th  
**The Yoga Cooking Class:** Vegetarian  
East Indian "The 6 Tastes of All Foods"  
9:00 A.M. - 3:00 P.M.
- 27th  
**An Ideal Day:** The Yoga Home Gym™  
Balance, Fitness and Yoga  
9:00 A.M. - 3:00 P.M.

#### February 2018

- 5th - 9th  
**IMMERSION WELLNESS RETREAT**  
Teacher Training RYT 200  
"Hatha Yoga in the Kriya Tradition"  
5 Day Retreat
- 10th  
**An Ideal Day:** Meditation - The Timeless Art  
9:00 A.M. - 3:00 P.M.
- 24th  
**An Ideal Day:** Yoga Gardens –  
Medicine Chest of Ayurveda™  
9:00 A.M. - 3:00 P.M.

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**LOOK For Spring / Summer Calendar**  
**Wednesday, March 7, 2018**