

Joan White Workshop Schedule

Thursday <i>April 1</i>	Friday <i>April 2</i>	Saturday <i>April 3</i>	Sunday <i>April 4</i>
8-9 am Intermediate Pranayama	8-9 am Intermediate Pranayama	8-9 am Basic Pranayama	8-9 am Basic Pranayama
9:30am-12 noon Intermediate Asana	9:30am-12 noon Intermediate Asana	9:30-11:30 am Basic Asana	9:30-11:30 am Basic Asana
6-8 pm Basic Asana	6-8 pm Basic Asana	5:30-8 pm Intermediate Asana	5:30-8 pm Intermediate Asana