



DAILY SCHEDULE

Online Course

Somatics & Creative Sequencing

Feb 6 - Mar 12, 2023



MON	TUE	WED	THU	FRI	SAT	SUN
<p>FEB 6</p> <p>Intention and Feeling</p>	<p>7</p> <p>Embodied Centering Sequence</p>	<p>8</p> <p>"Swamis"</p>	<p>9</p> <p>Zoom Call 5.30 PM Pacific Time</p>	<p>10</p> <p>Earth Body Yoga</p>	<p>11</p> <p>Review your own video</p>	<p>12</p> <p>Metta Physical Yoga</p>
<p>13</p> <p>Designing your ideal class - Part 1</p>	<p>14</p> <p>Designing your ideal class - Part 2</p>	<p>15</p> <p>How to modify peace</p>	<p>16</p> <p>Zoom Call 5.30 PM Pacific Time</p>	<p>17</p> <p>Submit your video on Facebook!</p>	<p>18</p>	<p>19</p> <p>Video review</p>
<p>20</p> <p>How Embodiment helps us not go Too Deep, Too Soon</p>	<p>21</p>	<p>22</p> <p>OM Work</p>	<p>23</p> <p>Zoom Call 5.30 PM Pacific Time</p>	<p>24</p> <p>Submit your video on Facebook!</p>	<p>25</p>	<p>26</p>

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MON	TUE	WED	THU	FRI	SAT	SUN
27 The Why and How of Embodiment	28 Gomukhasana	MAR 1 "Swamis"	2 <i>Zoom Call 5.30 PM Pacific Time</i>	3 Submit your video on Facebook!	4	5
6 Providing More Fiery Practices with Soul	7 Designing your ideal class - Part 2	8 Designing a more vigorous yoga class	9 <i>Zoom Call 5.30 PM Pacific Time</i>	10 Submit your video on Facebook!	11 Work on final assignments	12 Last day!