



THE PATH 2 ALIGNMENT

TIMETABLE

TIME	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:45am - 7:45am	Embodied Flow 60mins	Embodied Flow 60mins	Embodied Flow 60mins	
8:00am - 9:15am				Yang / Yin 75mins
9:30am - 10:30am	Yin 60mins		Yang / Yin 60mins	Alignment Flow 60mins
5:15pm - 6:15pm			Embodied Flow 60mins	
6:00pm - 7:00pm	Yang / Yin 60mins	Yang / Yin 60mins		