

# TIMETABLE FOR RESIDENTIAL COURSE

14 – 18 FEBRUARY

## SATURDAY

2 – 2.30	Prana	Introduction
2.30 – 4.30	Prana	Feldenkrais
4.30 – 5.00	Prana	Break
5 – 6	Prana	Jenny's group
7.30 – 9	School	Session on feedback

## SUNDAY

9-10	Prana?	Yoga
10 –10.45	Prana	Large hands-on group
10.45 – 11.15	Prana	Break
11.15- 1.15	Prana	Feldenkrais
1.15 – 2.30		Break
3 – 5	Prana	Neutral Mask
5 – 6	Prana	Jenny's Group
6 – 7.30		Dinner
7.30 - 9	School	Games for groups

MONDAY		
9- 10	Prana	Yoga
10 – 10.45	Prana	Large hands-on group
10.45 – 11.15		Break
11.15 – 1.15	Prana	Feldenkrais
1.15 –2.30		Lunch
2.30 – 3.30	School	Working with trauma – Ria
3.30 – 4.30	School	Maria’s group & Kaz’s group
3.30 – 4.30	School	Teachers’ work exchange
4.30 – 5.00	School	Break
5 – 6	School	Jenny’s group
6 – 7.30		Dinner
7.30 – 9	School	David’s International Conference presentation
TUESDAY		
9-10	Prana	Yoga
10 – 10.45	Prana	Large hands-on group
10.45 – 11.15	Prana	Break
11.15 – 1.15	Prana	Feldenrkais
1.15 – 2.30		Lunch

2.30 – 3.30	School	Two groups with teachers
3.30 – 4.30	School	Cal's group and Will's group
3.30 – 4.30	School	Teachers works exchange
4.30 – 5	School	Break
5 – 6	School	Jenny's Group
6- 7.30		Break
7.30 – 9	School	Performance
WEDNESDAY		
8 – 9	Prana	Yoga
9 – 10	Prana	Large hands-on group
10 – 10.30	Prana	Break
10.30 – 12.30	Prana	Feldenkrais
12.30 – 1.00	Prana	Final thoughts

Prana house is located at

Level 1 / 885 High st

Thornbury 3071