

## level 1 schedule

teacher date times format

### april -july 2022

Asana Practice	Gingi & Kath	Friday 29 April 2022	1.30-3pm	IN STUDIO OR ON DEMAND AT A LATER DATE
Asana Practice + Philosophy Part 1 + 30 min recap quiz	Matthew Clarke	Friday 29 April 2022	3-6.30pm	IN STUDIO OR ON DEMAND AT A LATER DATE
Asana Practice	Gingi & Kath	Friday 13 May 2022	1.30-3pm	IN STUDIO OR ON DEMAND AT A LATER DATE
Asana Practice + Philosophy Part 2 + 30 min recap quiz	Matthew Clarke	Friday 13 May 2022	3-6.30pm	IN STUDIO OR ON DEMAND AT A LATER DATE
Asana Practice	Gingi & Kath	Friday 3 June 2022	1.30-3pm	IN STUDIO OR ON DEMAND AT A LATER DATE
Asana Practice + Philosophy Part 3 + 30 min recap quiz	Matthew Clarke	Friday 3 June 2022	3-6.30pm	IN STUDIO OR ON DEMAND AT A LATER DATE
Asana Practice	Gingi & Kath	Friday 10 June 2022	1.30-3pm	IN STUDIO OR ON DEMAND AT A LATER DATE
Asana Practice + Philosophy Part 4 + 30 min recap quiz	Matthew Clarke	Friday 10 June 2022	3-6.30pm	IN STUDIO OR ON DEMAND AT A LATER DATE
Asana Practice	Gingi & Kath	Friday 24 June 2022	1.30-3pm	IN STUDIO OR ON DEMAND AT A LATER DATE
Asana Practice + Philosophy Part 5 + 30 min recap quiz	Matthew Clarke	Friday 24 June 2022	3-6.30pm	IN STUDIO OR ON DEMAND AT A LATER DATE

### july-august

Anatomy Part 1 Pre-Recorded Content Released	Recorded + 30 min recap quiz	Friday 1 July 2022	3 hours in own time	ON DEMAND RECORDED
Anatomy Part 2 Pre-Recorded Content Released	Recorded + 30 min recap quiz	Friday 15 July 2022	3 hours in own time	ON DEMAND RECORDED
Anatomy Part 3 Pre-Recorded Content Released	Recorded + 30 min recap quiz	Friday 5 August 2022	3 hours in own time	ON DEMAND RECORDED
Anatomy Part 4 Pre-Recorded Content Released	Recorded + 30 min recap quiz	Friday 19 August 2022	3 hours in own time	ON DEMAND RECORDED

### september 2022

Foundations 1 Day 1	Gingi Lee & Kath Roberts	Saturday 10 September 2022	9-6pm	IN STUDIO
Foundations 1 Day 2	Gingi Lee & Kath Roberts	Sunday 11 September 2022	9-6pm	IN STUDIO
Foundations 1 Day 3	Gingi Lee & Kath Roberts	Monday 12 September 2022	9-6pm	IN STUDIO

### october 2022

Foundations 1 Day 4	Gingi Lee & Kath Roberts	Saturday 8 October 2022	9-6pm	IN STUDIO
Foundations 1 Day 5	Gingi Lee & Kath Roberts	Sunday 9 October 2022	9-6pm	IN STUDIO

### november 2022

Foundations 1 Day 6	Gingi Lee & Kath Roberts	Saturday 19 November 2022	9-6pm	IN STUDIO
Foundations 1 Day 7	Gingi Lee & Kath Roberts	Sunday 20 November 2022	9-6pm	IN STUDIO
Foundations 1 Day 8	Gingi Lee & Kath Roberts	Monday 21 November 2022	9-6pm	IN STUDIO

### december 2023

Anatomy Part 1 Livestream Session	Melanie Cooper	Tuesday 6 December 2022	6.30-8pm	LIVESTREAM ONLINE
Foundations 2 Day 1	Gingi Lee & Kath Roberts	Saturday 10 December 2022	9-6pm	IN STUDIO
Foundations 2 Day 2	Gingi Lee & Kath Roberts	Sunday 11 December 2022	9-6pm	IN STUDIO
Foundations 2 Day 3	Gingi Lee & Kath Roberts	Monday 12 December 2022	9-6pm	IN STUDIO

### january 2023

Anatomy Part 2 Livestream Session	Melanie Cooper	Tuesday 10 January 2023	6.30-8pm	LIVESTREAM ONLINE
Foundations 2 Day 4	Gingi Lee & Kath Roberts	Saturday 14 January 2023	9-6pm	IN STUDIO
Foundations 2 Day 5	Gingi Lee & Kath Roberts	Sunday 15 January 2023	9-6pm	IN STUDIO
Foundations 2 Day 6	Gingi Lee & Kath Roberts	Monday 16 January 2023	9-6pm	IN STUDIO

### february 2023

Anatomy Part 3 Livestream Session	Melanie Cooper	Tuesday 21 February 2023	6.30-8pm	LIVESTREAM ONLINE
Foundations 2 Day 7	Gingi Lee & Kath Roberts	Saturday 25 February 2023	9-6pm	IN STUDIO
Foundations 2 Day 8	Gingi Lee & Kath Roberts	Sunday 26 February 2023	9-6pm	IN STUDIO
Foundations 2 Day 9	Gingi Lee & Kath Roberts	Monday 27 February 2023	9-6pm	IN STUDIO

### march 2023

Anatomy Part 4 Livestream Session	Melanie Cooper	Tuesday 21 March 2023	6.30-8pm	LIVESTREAM ONLINE
Foundations 2 Day 10	Gingi Lee & Kath Roberts	Saturday 25 March 2023	9-6pm	IN STUDIO
Foundations 2 Day 11	Gingi Lee & Kath Roberts	Sunday 26 March 2023	9-6pm	IN STUDIO
Foundations 2 Day 12	Gingi Lee & Kath Roberts	Monday 27 March 2023	9-6pm	IN STUDIO