

### Yin Yoga and Myofascial Release Training Schedule

Day	Time
Saturday 6 Nov	10.30am start 1 – 2.30pm break 7.30pm finish
Sunday 7 Nov	10.30am start 1 – 1.30pm break 4.00pm finish
Monday 8 Nov	7am start 12 – 1.30pm break 5.30pm finish
Tuesday 9 Nov	8.30am start 12 – 1.30pm break 4.30pm finish
Wednesday 10 Nov	8.30am start 12 – 1.30pm break 4.30pm finish
Thursday 11 Nov	8.30am start 12 – 1.30pm break 4.30pm finish
Friday 12 Nov	8.30am start 12 – 1.30pm break 5pm finish
Saturday 13 Nov	10.30am start 1 – 2.30pm break 7.30pm finish
Sunday 14 Nov	10.30am start 1 – 1.30pm break 4.00pm finish
	<b>60.5 hours</b>