

Yog Sadhan Ashram

2019 Event Calendar

January 2019						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2019						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2019						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2019						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2019						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January			
12	Saturday	Retreat: Ishavasya Upanishad	10:00am - 5:00pm

February			
16	Saturday	Retreat: Facing Death as a Yogi	10:00am - 1:00pm

March			
4	Monday	Shivratri celebrations	7:00pm - 9:00pm
16	Saturday	Workshop: Yoga for Beginners	10:00am - 1:00pm

April			
6	Saturday	Workshop: Satvic Nutrition	10:00am - 1:00pm
20-21	Sat/Sun	Ramnavmi Celebrations	TBD

May			
11	Saturday	Walk-a-Thon	
18	Saturday	Workshop: Shat-Karam Techniques & Benefits	8:00am - 10:00am

June 2019

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2019

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2019

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2019

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2019

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

15	Saturday	Retreat: Karam Yog	10:00am - 1:00pm
22	Saturday	International Yoga Day Celebration	10:00am - 3:00pm

July

13	Saturday	Retreat: Bhakti Yog	10:00am - 1:00pm
15-19	Mon-Fri	Week Long Summer Retreat	TBD
27-28	Sat-Sun	Guru Puja Celebrations	TBD

August

?	Saturday	Janmashtami Celebration	7:00pm - 9:00pm
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September

14	Saturday	Retreat: Jnana Yog	10:00am - 1:00pm
?	Sunday	Annual Dinner	TBD

October

5	Saturday	Workshop: Meditation on Chakras	10:00am - 1:00pm
12	Saturday	Dussehra Celebration: Garba & Dinner	5:00pm - 9:00pm
27	Sunday	Diwali - Havan & Lunch	11:00am

November 2019

SU	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019

SU	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

16	Saturday	Workshop: Yog Nidra	10:00am - 1:00pm
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December

14	Saturday	Retreat: Recap of 2019	10:00am - 1:00pm
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