

### January 2019

Friday	11th of Jan	18h00-20h00	intensive learning	theme: pregnancy
Saturday	12th of Jan	10h45-16h45	teachertraining nr 5	
Sunday	13th of Jan	10h45-16h45	teachertraining nr 5	
Sunday	20th of Jan	10h45-13h45	3-hour workshop	series restorative workshops nr 3, Patrizia Semperboni

### February 2019

Saturday	2nd of Feb	10h45-16h45	workshop	alignment in asana and deepening your understanding in Pranayama
Sunday	3rd of Feb	10h45-16h45	Intermediate Junior tr. nr 1	
Friday	8th of Feb	18h00-20h00	intensive learning	theme: neck shoulders arms
Saturday	9th of Feb	10h45-16h45	teachertraining nr 6	
Sunday	10th of feb	10h45-16h45	teachertraining nr 6	

### March 2019

Sunday	3rd of Mar	10h45-16h45	Intermediate Junior tr. nr 2	
Friday	8th of Mar	18h00-20h00	intensive learning	theme: yoga kurunta
Saturday	9th of Mar	10h45-16h45	teachertraining nr 7	
Sunday	10th of Mar	10h45-16h45	teachertraining nr 7	
Saturday	16th of Mar	10h45-16h45	workshop	backbends, teacher Nadège Chaumont
Sunday	17th of Mar	10h45-13h45	3-hour workshop	series restorative workshops nr 4, Patrizia Semperboni
Sunday	24th of Mar	10h45-13h45	3-hour workshop	flexible back
Saturday	30th of Mar	10h45-16h45	women's intensive I	theme: menstruation and menopause (we'll work with the new book from Rita Keller, "Menopause")
Sunday	31st of Mar	10h45-16h45	Intermediate Junior tr. nr 3	

### April 2019

Friday	5th of Apr	18h00-20h00	intensive learning	theme: hips and knees
Saturday	6th of Apr	10h45-16h45	teachertraining nr 8	
Sunday	7th of Apr	10h45-16h45	teachertraining nr 8	mock assessment
Saturday	27th of Apr	10h45-16h45	women's intensive II	cancelled, moved to later in the year
Sunday	28th of Apr	10h45-16h45	Intermediate Junior tr. nr 4	

### May 2019

Friday	10th of May	18h00-20h00	intensive learning	theme: How to build up a sequence for your practice
Saturday	11th of May	10h45-16h45	teachertraining nr 9	
Sunday	12th of May	10h45-16h45	teachertraining nr 9	
Saturday	18th of May	10h45-16h45	Intermediate Junior tr. nr 5	
Sunday	19th of May	10h45-13h45	3-hour workshop	series restorative workshops nr 5, Patrizia Semperboni
Saturday	25th of May	10h45-16h45	workshop	cancelled, moved to later in the year
Sunday	26th of May	10h45-16h45	Intermediate Junior tr. nr 5	moved to saturday 18th of May

### June 2019

Friday	7th of June	18h00-20h00	intensive learning	theme: armbalancings
Saturday	8th of June	10h45-16h45	teachertraining nr 10	
Sunday	9th of June	10h45-16h45	teachertraining nr 10	
<i>Thursday June 20 - Sunday June 23</i> Introductory Exams				
Friday	28th of June	10h45-16h45	EXTRA 3-day Interm. Junior tr. day 1	
Saturday	29th of June	10h45-16h45	EXTRA 3-day Interm. Junior tr. day 2, mock assessment	
Sunday	30th of June	10h45-16h45	EXTRA 3-day Interm. Junior tr. day 3	

### July 2019

<i>Wednesday 3rd - Sunday 7th of July</i>		5-day workshop	<b>SUMMERINTENSIVE</b>
<i>Thursday 11th - Sunday 14th of July</i>		4-day workshop in Swiss	<b>"Yoga ist eine Reise" <a href="http://www.goldenerwind.ch">www.goldenerwind.ch</a></b>