

## Rasa Yoga Calendar 2016

### January 2016

1/9	Quarterly MIT Meeting	ALL MIT
1/9-10	Assessment Weekend	ALL MIT
1/16-17	Ayurveda: Holistic Living	VRI/A I
1/23-24	Healing Immersion 48	VRI/A I
1/30-31	Meditation Intensive: Samyama	VRI/VRII/A I

### February 2016

2/6 - 3/26	Cliffs Notes	
2/6-7	Anatomy of Yoga	VRI
2/9	Mardi Gras Open House	
2/20-21	Anatomy of Yoga (weekend 2/2)	VRI
2/26-27	Healing Immersion 48	

### March 2016

3/12-13	Advanced Anatomy of Yoga	VRII
3/19-20	Advanced Anatomy of Yoga	VRII
3/24-26	Healing Immersion 48	

### April 2016

4/1-3	Asana Immersion (weekend 1 of 3)	VRI
4/8-10	Asana Immersion (weekend 2 of 3)	VRI
4/9	Quarterly MIT Meeting	ALL MIT
4/16	Healing through Yoga & Ayurveda	A I
4/22-24	Asana Immersion (weekend 3 of 3)	VRI

### May 2016

5/13-15	Healing Immersion 48	
5/14-15	Ayurveda: Holistic Living	VRI
5/21- 22	Nada Yoga/Primal Sound & Mantra	A I
5/27-29	Leadership Retreat	

### June 2016

6/11	Rasa Yoga Garage Sale	
6/12-18	Rasa Vidya Intensive	VRII
6/20-24	Rasa Radiance Retreat	

## July 2016

7/9	MIT Quarterly Meeting	ALL MIT
7/9-10	Advanced Anatomy Krama III	
7/23-24	Healing Immersion Proficiencies Review	
7/30-31	Ayurveda: Cultivating Vitality and Wisdom	VR II

## August 2016

8/5-7	Healing Immersion 48	
8/13-14	MIT Assessment Weekend	
8/26-28	Healing Immersion: Perfect "Wrong" Student	
8/27	Perfect "Wrong" Student	

## September 2016

9/2-4	Yoga Expo Denver/Leadership Retreat	
9/10	Cliffs Notes to Yoga - 6 Week Series (skips 10/15)	
9/10	Yoga Expo Houston	
9/17	Healing Eating Disorders through Yoga & Ayurveda	
9/24-25	Meditation Intensives: Dharana/Dhyana	VRI/VR II

## October 2016

9/30-10/2	Healing Immersion 48	
10/15-16	Weekend Intensive: Yoga as Pranayama	VRI
10/15	Quarterly MIT Meeting	
10/21-23	Texas Yoga Retreat	
10/29-30	Weekend Intensive: Yoga as Self Mastery	VR II

## November 2016

11/5	Healing through Yoga & Ayurveda	A I
11/12-13	Leadership Development: Art of Inspiration	VRI
11/26	BAYC Free Day of Yoga	

## December 2016

12/2-4	Leadership Retreat	
12/10-11	Leadership Development 2: Yoga Sadhana	VR II
12/26-2017	India: A Journey Home	