

# Aadil Palkhivala & Savitri Teaching Schedule



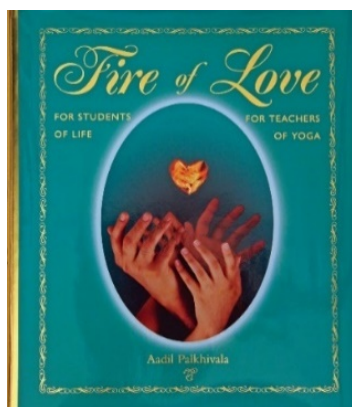
2018			
Date	Location	Workshop Title	Contact Info
Jan 8-22	Alive and Shine Center Bellevue, WA	<b>Purna Yoga™ College 2000-hr Teacher Training with Aadil Palkhivala and Savitri (Session 4)</b>	<a href="http://www.purnayoga.com">www.purnayoga.com</a> Email: <a href="mailto:info@purnayoga.com">info@purnayoga.com</a>
Feb 15-18	Purna Yoga East Clayton, NC	<b>Weekend Workshops</b> <ul style="list-style-type: none"> <li>• Thurs, Feb 15 – Purna Yoga™ Healing the Eyes Workshop</li> <li>• Fri, Feb 16 – Hips, Legs and Heartfull™ Meditation</li> <li>• Fri, Feb 16 – Purna Yoga™ Nidra</li> <li>• Sat, Feb 17 – Freeing the Heart with Standing Poses</li> <li>• Sat, Feb 17 – Avoid Aging of Twists and Backbends</li> <li>• Sun, Feb 18 - Pranayama Prep and Practice</li> <li>• Sun, Feb 18 – Forward Bending, Soothing the Heart &amp; Nerves</li> </ul>	<a href="http://www.purnayogaeast.com">www.purnayogaeast.com</a> Email: <a href="mailto:info@purnayogaeast.com">info@purnayogaeast.com</a>
Feb 24-25	Northwest Yoga Conference Seattle, WA	<b>Conference workshops with Aadil Palkhivala</b> <ul style="list-style-type: none"> <li>• Sat, Feb 24 – Pranayama: Preparation &amp; Practice</li> <li>• Sat, Feb 24 – Backbends: The Jewels of Asana</li> <li>• Sun, Feb 25 – Forwarding Bending: Soothing the Heart &amp; Nerves</li> </ul> <b>Conference workshops with Savitri</b> <ul style="list-style-type: none"> <li>• Sun, Feb 25- The Power of Being the Light – Shine, Glow, Sparkle</li> </ul>	<a href="http://www.nwyogaconference.com">www.nwyogaconference.com</a> Email: <a href="mailto:info@nwyogaconference.com">info@nwyogaconference.com</a>
Mar 2- May 27	Alive and Shine Center Bellevue, WA	<b>Purna Yoga™ College 200-hr Teacher Training (weekend format)</b>	<a href="http://www.purnayoga.com">www.purnayoga.com</a> Email: <a href="mailto:info@purnayoga.com">info@purnayoga.com</a>
Mar 2-4	Real Yoga Singapore	<b>Weekend Workshops</b> <ul style="list-style-type: none"> <li>• Fri, Mar 2 – Realigning and Healing the Lower Back</li> <li>• Sat, Mar 3 – Finding your Foundations</li> <li>• Sat, Mar 3 – Backbends: The Crown Jewels of Asana</li> <li>• Sun, Mar 4 – Inversions in Purna Yoga™</li> <li>• Sun, Mar 4 – Forward bending</li> </ul>	<a href="http://www.realyoga.com.sg">www.realyoga.com.sg</a> Email: <a href="mailto:michelle@realyoga.com.sg">michelle@realyoga.com.sg</a>
Mar 5-9	Real Yoga Singapore	<b>5-Day Purna Yoga™ Teacher Training</b>	<a href="http://www.realyoga.com.sg">www.realyoga.com.sg</a> Email: <a href="mailto:michelle@realyoga.com.sg">michelle@realyoga.com.sg</a>
Mar 10-11	Real Yoga Indonesia	<b>Weekend Workshops</b> <ul style="list-style-type: none"> <li>• Sat, Mar 10 – Finding your Foundations</li> <li>• Sat, Mar 10 – Backbends: The Crown Jewels of Asana</li> <li>• Sun, Mar 11 – Inversions in Purna Yoga™</li> <li>• Sun, Mar 11 – Forward bending</li> </ul>	<a href="http://www.realyoga.co.id">www.realyoga.co.id</a> Email: <a href="mailto:michelle@realyoga.com.sg">michelle@realyoga.com.sg</a>
Mar 10-11	Alive and Shine Center Bellevue, WA	<b>Journey to Love - Introduction to Heartfull™ Meditation with Savitri</b>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>
Apr 12-15	Toronto Yoga Conference Toronto, Canada	<b>Toronto Yoga Conference</b> <ul style="list-style-type: none"> <li>• Fri, Apr 13 – Seeing and Understanding Bodies</li> <li>• Sat, Apr 14 – Therapeutics on the Lower Back</li> <li>• Sat, Apr 14 – Balancing Your Practice for Inner Peace</li> <li>• Sun, Apr 15 – The Sacrum in Front bends &amp; Backbends</li> <li>• Sun, Apr 15– Reversing Exhaustion</li> </ul>	<a href="http://www.theyogaconference.com/toronto">www.theyogaconference.com/toronto</a> Email: <a href="mailto:info@theyogaconference.com">info@theyogaconference.com</a>

**Purna Yoga™ with Aadil Palkhivala and Savitri**

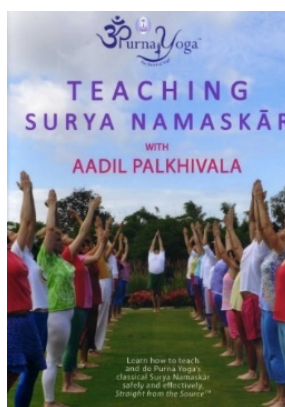
[www.purnayoga.com](http://www.purnayoga.com); [www.aadil.com](http://www.aadil.com); Email: [aadil@aadil.com](mailto:aadil@aadil.com)

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Date	Location	Workshop Title	Contact Info
Apr 20-22	Yoga Journal Conference New York, New York	<b>Yoga Journal Conference with Aadil Palkhivala</b> <ul style="list-style-type: none"> <li>• Fri, Apr 20 – Dynamic Digestion</li> <li>• Sat, Apr 21 – The Sacrum in Front Bends &amp; Backbends</li> <li>• Sat, Apr 21 – Healing the Hips &amp; Knees in Purna Yoga</li> <li>• Sun, Apr 22 – Stressful Times &amp; Peaceful Life</li> </ul>	<a href="http://www.yjevents.com/events/ny/">www.yjevents.com/events/ny/</a> Email: <a href="mailto:Registration@YJmag.com">Registration@YJmag.com</a>
Apr 30-May 12	Alive and Shine Center Bellevue, WA	<b>Purna Yoga™ College 500-hr Teacher Training with Aadil Palkhivala and Savitri (Session 2)</b>	<a href="http://www.purnayoga.com">www.purnayoga.com</a> Email: <a href="mailto:info@purnayoga.com">info@purnayoga.com</a>
May 5-6	Alive and Shine Center Bellevue, WA	<b>Understanding and Healing the Ego in Yourself and Others – Heartfull™ Meditation workshop with Savitri</b>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>
Jun 3-9	Sleeping Lady Resort Leavenworth, WA	<b>Purna Yoga™ Teachers Retreat</b>	<a href="http://www.purnayoga.com">www.purnayoga.com</a> Email: <a href="mailto:info@purnayoga.com">info@purnayoga.com</a>
June	Moksha Yoga Chicago, IL	<b>Weekend Workshop</b>	<a href="http://www.mokshayoga.com">www.mokshayoga.com</a> Email: <a href="mailto:info@mokshayoga.com">info@mokshayoga.com</a>
Jul 6 -Aug 4	Alive and Shine Center Bellevue, WA	<b>Purna Yoga™ College 200-hr Teacher Training (month-long format)</b>	<a href="http://www.purnayoga.com">www.purnayoga.com</a> Email: <a href="mailto:info@purnayoga.com">info@purnayoga.com</a>
Jul 14-15	Alive and Shine Center Bellevue, WA	<b>Journey to Love - Introduction to Heartfull™ Meditation with Savitri</b>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>
Aug 5-11	Alive and Shine Center Bellevue, WA	<b>Purna Yoga™ Pranayama &amp; Asana Intensive</b>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>
Aug 24-26	Yoga School of Therapeutics Overland, Kansas	<b>Weekend Workshops</b>	<a href="http://www.theyogastudio.com">www.theyogastudio.com</a> Email: <a href="mailto:info@theyogastudio.com">info@theyogastudio.com</a>
Sept 13-15	Live Purna Yoga™ Wakefield, RI	<b>Weekend Workshops</b>	<a href="http://www.judepurnayoga.com">www.judepurnayoga.com</a> Email: <a href="mailto:heyjude_44@yahoo.com">heyjude_44@yahoo.com</a>
Oct 25-28	Purna Yoga 828 Asheville, NC	<b>Weekend Workshops</b>	<a href="http://www.purnayoga828.com">www.purnayoga828.com</a> Email: <a href="mailto:practice@purnayoga828.com">practice@purnayoga828.com</a>
Nov 4-16	Alive and Shine Center Bellevue, WA	<b>Purna Yoga™ College 500-hr Teacher Training with Aadil Palkhivala and Savitri (Session 3)</b>	<a href="http://www.purnayoga.com">www.purnayoga.com</a> Email: <a href="mailto:info@purnayoga.com">info@purnayoga.com</a>
Nov 10-11	Alive and Shine Center Bellevue, WA	<b>Intermediate Immersion – Heartfull™ Meditation workshop with Savitri</b>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>



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[www.yogaininternational.com](http://www.yogaininternational.com)

**Purna Yoga™ with Aadil Palkhivala and Savitri**

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