



Aadil Palkhivala & Savitri Teaching Schedule 2019

2019			
Date	Location	Workshop Title	Contact Info
Jan 5	Alive and Shine Center Bellevue, WA	Spinal Rejuvenation Workshop	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Jan 12	Alive and Shine Center Bellevue, WA	Healing the Eyes in Purna Yoga®	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Jan 13	Alive and Shine Center Bellevue, WA	Have a Strong Spine & Strong Life – Yoga for Reducing Shoulders, Neck & Upper Back Pain	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Jan 13	Alive and Shine Center Bellevue, WA	Have a Strong Spine & Strong Life – Yoga For Lower Back Pain	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Jan 25–Apr 7	Alive and Shine Center Bellevue, WA	Purna Yoga College® 200-hr Teacher Training (weekend format)	www.purnayoga.com Email: info@purnayoga.com
Feb 2-3	Alive and Shine Center Bellevue, WA	Journey to Love - Introduction to Heartfull® Meditation with Savitri	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Mar 8-10	Studio Yoga Roots Amsterdam, Netherlands	Weekend Workshops	www.marikenfliervoet.nl Email: info@yogaroots.amsterdam
Mar 13-17	Purna Yoga Helsinki Helsinki, Finland	Continued Education & Weekend Workshops	www.purnayoga.fi/wp/en/ Email: info@purnayoga.fi
Mar 29-31	Toronto Yoga Conference Toronto, Canada	Toronto Yoga Conference	www.theyogaconference.com/toronto Email: info@theyogaconference.com
Apr 11-14	Purna Yoga East Clayton, NC	Weekend Workshops	www.purnayogaeast.com Email: info@purnayogaeast.com
Apr 21-26	The Art of Living Retreat Center Boone, NC	All Life Is Yoga - A Purna Yoga® Teacher Training	www.artoflivingretreatcenter.org Email: info@artoflivingretreatcenter.org
May 6-18	Alive and Shine Center Bellevue, WA	Purna Yoga College® 500-hr Teacher Training with Aadil Palkhivala and Savitri (Session 1)	www.purnayoga.com Email: info@purnayoga.com
May 11-12	Alive and Shine Center Bellevue, WA	Journey to Love - Introduction to Heartfull® Meditation with Savitri	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com

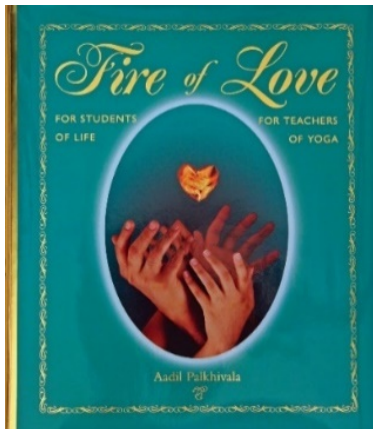
Purna Yoga® with Aadil Palkhivala and Savitri

www.purnayoga.com; www.aadil.com; Email: aadil@aadil.com

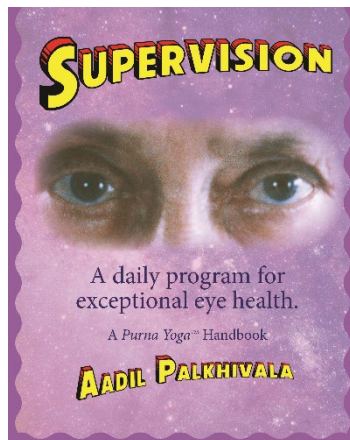
Alive & Shine Center, 2255 - 140th Ave NE, Suite F, Bellevue, WA 98005, USA. Phone: 001- 425-885-7026

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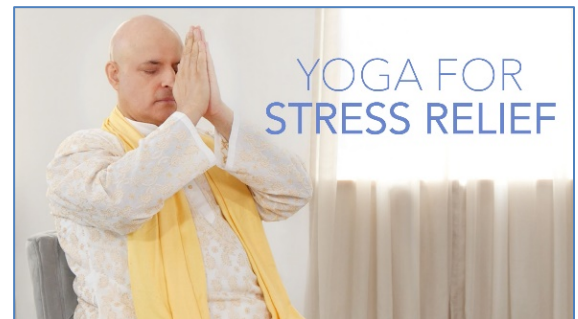
Date	Location	Workshop Title	Contact Info
July 6-Aug 4	Alive and Shine Center Bellevue, WA	Purna Yoga College® 200-hr Teacher Training (month-long format)	www.purnayoga.com Email: info@purnayoga.com
July 13-14	Alive and Shine Center Bellevue, WA	Journey to Love - Introduction to Heartfull® Meditation with Savitri	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Aug 9-11	Yoga School of Therapeutics Overland, Kansas	Weekend Workshops	www.theyogastudio.com Email: info@theyogastudio.com
Aug 19-24	Alive and Shine Center Bellevue, WA	Intermediate Asana Intensive	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Oct 18-20	Naropa University Boulder, CO	Yoga Therapy Master's Degree	www.naropa.edu Email: nkallio@naropa.edu
Oct 25-27	Triad Yoga Institute Greensboro, NC	Weekend Workshops	www.triadyoga.com Email: info@triadyoga.com
Nov 4-16	Alive and Shine Center Bellevue, WA	Purna Yoga College® 500-hr Teacher Training with Aadil Palkhivala and Savitri (Session 2)	www.purnayoga.com Email: info@purnayoga.com
Nov 9-10	Alive and Shine Center Bellevue, WA	Understanding and Healing the Ego in Yourself and Others – Heartfull® Meditation workshop with Savitri	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Dec 5-8	Live Purna Yoga Wakefield, RI	Weekend Workshops	www.judemonteserrato.com Email: heyjude_44@yahoo.com



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Purna Yoga® with Aadil Palkhivala and Savitri

www.purnayoga.com; www.aadil.com; Email: aadil@aadil.com

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