



# Aadil Palkhivala & Savitri Teaching Schedule 2019

2019			
Date	Location	Workshop Title	Contact Info
Jan 5	Alive and Shine Center Bellevue, WA	<b>Spinal Rejuvenation Workshop</b>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>
Jan 12	Alive and Shine Center Bellevue, WA	<b>Healing the Eyes in Purna Yoga®</b>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>
Jan 13	Alive and Shine Center Bellevue, WA	<b>Have a Strong Spine &amp; Strong Life – Yoga for Reducing Shoulders, Neck &amp; Upper Back Pain</b>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>
Jan 13	Alive and Shine Center Bellevue, WA	<b>Have a Strong Spine &amp; Strong Life – Yoga For Lower Back Pain</b>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>
Jan 25–Apr 7	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>
Feb 22-24	Alive and Shine Center Bellevue, WA	<b><u>Purna Yoga Medley with Aadil Palkhivala</u></b> <ul style="list-style-type: none"> <li>• Rejuvenating the Heart Lecture – Feb 22</li> <li>• Sweat &amp; Glow – Feb 23</li> <li>• Twists &amp; Backbends – Feb 23</li> <li>• Seeing &amp; Understanding Your Own Body – Feb 24</li> <li>• Relax &amp; Unwind Your Heart – Feb 24</li> </ul>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>
Mar 8-10	Studio Yoga Roots Amsterdam, Netherlands	<b>Weekend Workshops</b>	<a href="http://www.marikenfliervoet.nl">www.marikenfliervoet.nl</a> Email: <a href="mailto:info@yogaroots.amsterdam">info@yogaroots.amsterdam</a>
Mar 13-17	Purna Yoga Helsinki Helsinki, Finland	<b>Continued Education &amp; Weekend Workshops</b>	<a href="http://www.purnayoga.fi/wp/en/">www.purnayoga.fi/wp/en/</a> Email: <a href="mailto:info@purnayoga.fi">info@purnayoga.fi</a>
Mar 29-31	Toronto Yoga Conference Toronto, Canada	<b>Toronto Yoga Conference</b>	<a href="http://www.theyogaconference.com/toronto">www.theyogaconference.com/toronto</a> Email: <a href="mailto:info@theyogaconference.com">info@theyogaconference.com</a>
Apr 11-14	Purna Yoga East Clayton, NC	<b>Weekend Workshops</b>	<a href="http://www.purnayogaeast.com">www.purnayogaeast.com</a> Email: <a href="mailto:info@purnayogaeast.com">info@purnayogaeast.com</a>
Apr 21-26	The Art of Living Retreat Center Boone, NC	<b>All Life Is Yoga - A Purna Yoga® Teacher Training</b>	<a href="http://www.artoflivingretreatcenter.org">www.artoflivingretreatcenter.org</a> Email: <a href="mailto:info@artoflivingretreatcenter.org">info@artoflivingretreatcenter.org</a>
May 6-18	Alive and Shine Center Bellevue, WA	<b>Purna Yoga College® 500-hr Teacher Training with Aadil Palkhivala and Savitri (Session 1)</b>	<a href="http://www.purnayoga.com">www.purnayoga.com</a> Email: <a href="mailto:info@purnayoga.com">info@purnayoga.com</a>
May 11-12	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>
June 7-9	Yogaview Chicago, IL	<b>Weekend Workshops</b>	<a href="http://www.yogaview.com">www.yogaview.com</a> Email: <a href="mailto:lisa@yogaview.com">lisa@yogaview.com</a>

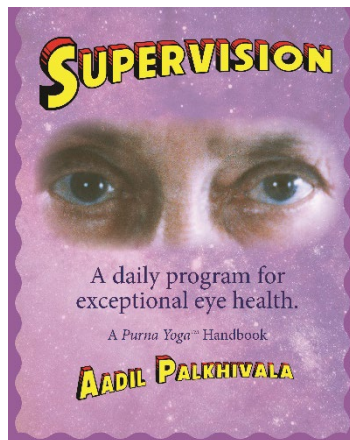
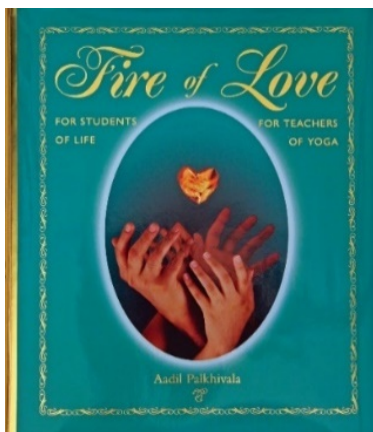
**Purna Yoga® with Aadil Palkhivala and Savitri**

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

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	<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>
July 13-14	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>
July 19-21	8 Limbs Yoga Centers Seattle, WA	<b>Weekend Workshop</b>	<a href="http://www.8limbsyoga.com">www.8limbsyoga.com</a> Email: <a href="mailto:capitolhill@8limbsyoga.com">capitolhill@8limbsyoga.com</a>
Aug 9-11	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>
Aug 19-24	Alive and Shine Center Bellevue, WA	<b>Intermediate Asana Intensive</b>	<a href="http://www.aliveandshinecenter.com">www.aliveandshinecenter.com</a> Email: <a href="mailto:info@aliveandshinecenter.com">info@aliveandshinecenter.com</a>
Sept 8-18	Italy	<b>Purna Yoga Italy Retreat</b>	Email: <a href="mailto:jennifer@hiloyoga.com">jennifer@hiloyoga.com</a>
Oct 18-20	Boise, ID	<b>Weekend Workshop</b>	Email: <a href="mailto:camillespirit@gmail.com">camillespirit@gmail.com</a>
Oct 25-27	Triad Yoga Institute Greensboro, NC	<b>Weekend Workshops</b>	<a href="http://www.triadyoga.com">www.triadyoga.com</a> Email: <a href="mailto:info@triadyoga.com">info@triadyoga.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 2)</b>	<a href="http://www.purnayoga.com">www.purnayoga.com</a> Email: <a href="mailto:info@purnayoga.com">info@purnayoga.com</a>
Nov 9-10	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>
Dec 5-8	Live Purna Yoga Wakefield, RI	<b>Weekend Workshops</b>	<a href="http://www.judemonteserrato.com">www.judemonteserrato.com</a> Email: <a href="mailto:heyjude_44@yahoo.com">heyjude_44@yahoo.com</a>



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