



Aadil Palkhivala & Savitri Workshop Schedule 2020

2020			
Date	Location	Workshop Title	Contact Info
Jan 24-26	Alive and Shine Center Bellevue, WA	<u>Respecting the Essence of Yoga</u> <u>Aadil Workshops</u> Fri, Jan 24 Understanding the Vedas – FREE Fri, Jan 24 Opening Ceremony – FREE Sat, Jan 25 Amazing Shoulders Sat, Jan 25 Pranayama Sun, Jan 26 Understanding Inversions Sun, Jan 26 Twists and Backbends <u>Savitri Workshops</u> Sat, Jan 25 The Energetics of Respect	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Jan 24–Apr 5	Alive and Shine Center Bellevue, WA	Purna Yoga College® 200-hr Teacher Training (weekend format)	www.purnayoga.com Email: info@purnayoga.com
Jan 31-Feb 2	Purna Yoga East Clayton, NC	Weekend Workshops with Aadil	www.purnayogaeast.com Email: info@purnayogaeast.com
Feb 1-2	Alive and Shine Center Bellevue, WA	Journey to Love - Introduction to Heartfull® Meditation with Savitri	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Feb 28-Mar 1	Big Island Yoga Center, Kona, HI	<u>A Purna Yoga Practice at the Great Yoga Wall™ with Aadil</u> Fri, Feb 28 Power of Chants Sat, Feb 29 Standing poses w/ Wall Ropes Sat, Feb 29 Incredible Inversions w/ Wall Ropes Sat, Feb 29 Purna Yoga Nidra Sun, Mar 1 Tremendous Twists with Wall Ropes Sun, Mar 1 Beneficial Backbends w/ Wall Ropes	www.bigislandyoga.com Email: Yuki.agoot@gmail.com
Apr 13-25	Alive and Shine Center Bellevue, WA	Purna Yoga College® 500-hr Teacher Training with Aadil Palkhivala and Savitri (Session 3 of 3)	www.purnayoga.com Email: info@purnayoga.com
Apr 18-19	Alive and Shine Center Bellevue, WA	Intermediate Immersion - Meditation with Savitri	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
May 19-21	Physi-Yoga Israel	Therapeutic Intensive with Aadil	www.physi-yoga.org/about Email: rachel@physi-yoga.com
May 22	Israeli Yoga Teacher Conference, Israel	Israeli Yoga Teacher Association Conference with Aadil	https://tinyurl.com/rqgpb4y Email: isyogaa@gmail.com
May 31-Jun 6	Sleeping Lady Resort Leavenworth, WA	Purna Yoga™ Teachers Retreat with Aadil & Savitri	www.purnayoga.com Email: info@purnayoga.com
June 12-14	Yogaview Chicago, IL	Weekend Workshops with Aadil	www.yogaview.com Email: lisa@yogaview.com

Purna Yoga® with Aadil Palkhivala and Savitri

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

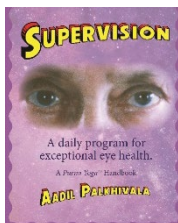
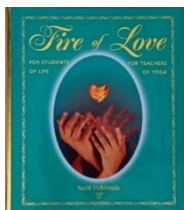
Alive & Shine Center, 2255 - 140th Ave NE, Suite F, Bellevue, WA 98005, USA. Phone: 001- 425-885-7026

2020

Date	Location	Workshop Title	Contact Info
July 13-26	Alive and Shine Center Bellevue, WA	Purna Yoga College® 500-hr Teacher Training (Session 1 of 3) with Aadil & Savitri	www.purnayoga.com Email: info@purnayoga.com
July 18-19	Alive and Shine Center Bellevue, WA	Journey to Love - Introduction to Heartfull® Meditation with Savitri	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
July 25-26	Alive and Shine Center Bellevue, WA	Understanding & Healing the Ego in Yourself & Others – Heartfull® Meditation workshop with Savitri	www.aliveandshinecenter.com Email: info@aliveandshinecenter.com
Sept 1-3	Honesdale, NY	Yoga International Filming with Aadil	Email: aadil@aadil.com
Sept 11-13	Yoga School of Therapeutics Overland, Kansas	Weekend Workshops with Aadil	www.theyogastudio.com Email: info@theyogastudio.com
Sept 24-27	Purna Yoga 828 Asheville, NC	Weekend Workshops with Aadil	www.purnayoga828.com Email: practice@purnayoga828.com
Oct 5-17	Alive and Shine Center Bellevue, WA	Purna Yoga College® 500-hr Teacher Training with Aadil & Savitri (Session 2 of 3)	www.purnayoga.com Email: info@purnayoga.com
Oct 26-Nov 7	Purna Yoga East Clayton, NC	Purna Yoga College® 500-hr Teacher Training with Aadil (Session 2 of 3)	www.purnayogaeast.com Email: info@purnayogaeast.com
Nov 12-15	Moab Yoga Festival Moab, Utah	Moab Yoga Festival with Aadil	www.moabyogafestival.com Email: info@moabyogafestival.com
Dec 4-6	Atlanta, Georgia	Weekend Workshops with Aadil	www.tendyoga.com Email: narin@tendyoga.com

2021

Date	Location	Workshop Title	Contact Info
Jan 8-10	Helsinki, Finland	Weekend Workshops with Aadil	www.purnayoga.fi/wp/en/ Email: info@purnayoga.fi
Jan 11-23	Helsinki, Finland	Purna Yoga College® 500-hr Teacher Training with Aadil (Session 2 of 3)	www.purnayoga.fi/wp/en/ Email: info@purnayoga.fi
Apr 5-17	Alive and Shine Center Bellevue, WA	Purna Yoga College® 500-hr Teacher Training with Aadil & Savitri (Session 3 of 3)	www.purnayoga.com Email: info@purnayoga.com
Apr 26-May 8	Purna Yoga East Clayton, NC	Purna Yoga College® 500-hr Teacher Training with Aadil (Session 3 of 3)	www.purnayogaeast.com Email: info@purnayogaeast.com
May 17-29	Helsinki, Finland	Purna Yoga College® 500-hr Teacher with Aadil (Session 3 of 3)	www.purnayoga.fi/wp/en/ Email: info@purnayoga.fi



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