

4 de marzo – 10 de marzo, 2019

Semana 10

raman@clasedemeditacion.com

Trabajo

NYC – March 2019

marzo de 2019							abril de 2019						
L	M	X	J	V	S	D	L	M	X	J	V	S	D
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					

	lunes 4	martes 5	miércoles 6	jueves 7	viernes 8	sábado 9	domingo 10
7							
8							
9		Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation
10		Morning Session Meditation and Mindfulness Course		Morning Session Meditation and Mindfulness Course		Teacher Training	Teacher Training
11							
12:00							
13			Yoga Nidra Practice				
14							
15							
16							
17							
18							
19		Evening Session Mindfulness and Meditation Course	Group Meditation in White Plains	Evening Session Mindfulness and Meditation Course	Teacher Training		
20							
21							
22							
23							

11 de marzo - 17 de marzo, 2019

Semana 11

raman@clasedemeditacion.com

Trabajo

NYC - March 2019

marzo de 2019							abril de 2019						
L	M	X	J	V	S	D	L	M	X	J	V	S	D
			1	2	3		1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					

	lunes 11	martes 12	miércoles 13	jueves 14	viernes 15	sábado 16	domingo 17
7							
8							
9	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation
10		Morning Session Meditation and Mindfulness Course		Morning Session Meditation and Mindfulness Course		Teacher Training	Individual Sessions
11							
12:00							
13			Yoga Nidra Practice				
14							
15							
16							
17							
18							
19		Evening Session Mindfulness and Meditation Course	Group Meditation in White Plains	Evening Session Mindfulness and Meditation Course			
20							
21							
22							
23							

18 de marzo - 24 de marzo, 2019

Semana 12

raman@clasedemeditacion.com

Trabajo

NYC - March 2019

marzo de 2019							abril de 2019						
L	M	X	J	V	S	D	L	M	X	J	V	S	D
			1	2	3		1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					

	lunes 18	martes 19	miércoles 20	jueves 21	viernes 22	sábado 23	domingo 24
7							
8							
9	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation		
10		Morning Session Meditation and Mindfulness Course		Morning Session Meditation and Mindfulness Course		Week-end Course	Week-end Course
11							
12:00							
13			Yoga Nidra Practice				
14							
15							
16							
17							
18							
19		Evening Session Mindfulness and Meditation Course	Group Meditation in White Plains	Evening Session Mindfulness and Meditation Course			
20							
21							
22							
23							

25 de marzo – 31 de marzo, 2019

Semana 13

raman@clasedemeditacion.com

Trabajo

NYC – March 2019

marzo de 2019							abril de 2019						
L	M	X	J	V	S	D	L	M	X	J	V	S	D
			1	2	3		1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					

	lunes 25	martes 26	miércoles 27	jueves 28	viernes 29	sábado 30	domingo 31
7							
8							
9	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation	Tratak Meditation	
10		Morning Session Meditation and Mindfulness Course		Morning Session Meditation and Mindfulness Course		Follow-up meeting for Teachers	
11							
12:00							
13			Yoga Nidra Practice				
14							
15							
16							
17							
18							
19		Evening Session Mindfulness and Meditation Course	Group Meditation in White Plains	Evening Session Mindfulness and Meditation Course			
20							
21							
22							
23							