

2008 Kelly Morris Teacher Training

Yoga Class Schedule



**The Three Jewels is honored to
host teachers
from the**

Kelly Morris : Conquering Lion Teacher Training Program.

This ground-breaking teacher training program reunites two magnificent traditions that were once One: Tibetan Buddhist tradition of renunciation, bodhichitta and correct worldview and the Indian Hatha Yoga tradition of asana, vinyasa and bhakti.

- ❖ Classes are taught in a vinyasa style.
- ❖ Open to all levels.
- ❖ Suggested Donation \$12.00 or pay what you can.

Monday	Emily	5:00pm-6:30pm;
Monday	Cassie	7:30pm-9:00pm
Tuesday	James	6:00pm-7:30pm;
Tuesday	Annie (basic)	8:00pm-9:30pm
Wednesday	Lisa	5:00pm-6:30pm;
Wednesday	Amy	7:30pm-9:00pm
Friday	Shana	6:30pm-8:00pm
Saturday	Maria	10:00 am - 11:30 am
Sunday	Lee	10:00am-11:30am

Location: The Three Jewels 61 Fourth Avenue, Third Floor Phone: 212.475.6650