



## Module #5 August

- **Wednesday 8/23- 7-8:45 pm**

[Join Zoom Meeting](#)

- IRP 3 people w/ Miriam

- **Friday 8/18 - 8:00 am - 6:00 pm**

- 8:00 - 8:45 am- Pranayama w/ Miriam
- 8:45 - 9:00 am - BREAK
- 9:00 - 10:00 am - Asana w/ Emily: Vibrant Vinyasa
- 10:15 am - 12:45 pm - Practicum #2 w/ Emily & Miriam
- 12:45 - 2:00 pm - LUNCH and Travel
- 2:00 - 3:00 pm - Nature Study w/ Seth at Lester Park
- 3:00 - 6:00 pm - Web of Reciprocity: Fungi Walk at Lester Park & Facing the Climate Crisis with Hilary (please watch the film "Fantastic Fungi" beforehand.) -- MEET AT Lester Park 61st Avenue East & Superior Street in the open field to the right of the main parking lot (when facing park/river)

- **Saturday 8/19 - 8:00 am - 6:00 pm**

- 8:00 - 9:00 am - Asana w/ Miriam
- 9:00 - 10:00 am - Meditation w/Miriam
- 10:00 - 10:15 am - BREAK
- 10:15 am - 12:15 pm - Twists w/ Emily
- 12:15 - 1:15 pm - LUNCH
- 1:15 - 2:15 pm - Yoga Philosophy w/ Miriam
- 2:15 - 3:00 pm - Travel time to farm
- 3:00 - 5:00 pm Farm Dinner Tour - Fairhaven Farm [5818 Munger Shaw Rd, Saginaw, MN 55779](#) (\$35/person - woodfired pizzas + sides/salads)
- 6:00-7:30 pm [Cedar + Stone YTT Experience](#) (optional + self-pay est.. \$41.25)

- **Sunday 8/20 - 8:00 am - 6:00 pm**

- 8:00 - 9:00 am - Prenatal Asana w/Abigail
- 9:00 - 9:15 am - BREAK
- 9:15 - 11:45 am - Practicum #3 w/ Miriam & Kyle
- 11:45 am - 1:00 pm - LUNCH and travel to 831 West Skyline Parkway.
- 1:00 - 6:00 pm - Herbalism Field Trip: Introduction to Herbalism w/ Angela