

Inspired Teacher:
Deepen your Practice and Enhance your
Teaching

with **Shari Friedrichsen**

June 9 - June 26

Weekly Webinar

Week I

Tuesday, June 9

11:00 - 12:15 p.m.

Teaching Yoga in the Age of Covid 19

Friday, June 12

11:00 - 12:15 p.m.

Nourish Your Self; Expand Your Teaching

Week II

Tuesday, June 16

11:00 - 12:15 p.m.

Build Self-Confidence, Intention, and Purposeful Action

Friday, June 19

11:00 - 12:15 p.m.

Access Courage and Resilience

Week III

Tuesday, June 23

11:00 - 12:15 p.m.

Expression and Creativity In and Out of the Classroom

Friday, June 23

11:00 - 12:15 p.m.

Cultivate a Friendly Mind

