



Synchronous Class Schedule for Spring 2024

Class Timing: (Same for all Classes)	USA - Pacific	6PM to 7:30PM	(From March 10, 2024, time will change to 6:30AM to 8AM)
	USA - Eastern	9PM to 10:30PM	
	India (Next Day)	7:30AM to 9AM	

Standalone Courses

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga		DYG 303: Mindfulness Based Stress Reduction Program (Ishan S.)	DYG 302: Foundations in Yoga (SriKrishna C.)	DYG 301: Yoga Based Resilience Training (Ishan S.)			
Carnatic Music				SCM 051: Devotional Music (Seshulatha K. & Sriram P.)			
Hindustani Music			SHM 051: Introduction to Hindustani Music (Anaya T.)				
Sanskrit	SSL 051 - Fundamentals of Sanskrit Grammar and Introduction to Classical Literature (Ramakrishna S.)						