



YOGA AFTER 50 (PRIME OF LIFE YOGA®) LEVEL 2  
Online Zoom Intensive with Larry Payne PhD, C-IAYT, ERYT-500

April 17-20 2025

*Thursday-Sunday 9:00am-5:00pm  
Lunch break (varies) between 12:30-2:00pm*

SCHEDULE OF EVENTS

*\*Schedule subject to slight change*

THURSDAY, April 17

9:00–9:30 am	Introductions, discuss texts & videos (Larry Payne)
9:30–9:40 am	BREAK (Prepare for Asana Class)
10:00–11:30 am	Level II YAF/POLY Yoga Class – Greatest Hits 1
11:30–11:45 am	BREAK
11:45 am–12:15 pm	Quizzes
12:15–1:30 pm	LUNCH
1:30–2:15 pm	Review of the Lower Back (Larry Payne)
2:15–3:15 pm	Breakout: Create 30-minute Lower Back Routine
3:15–4:00 pm	Discuss Your Lower Back Routines
Afternoon (TBD)	Neurodegenerative Diseases (Dr. Ananda Balayogi Bhavanani)

## FRIDAY, April 18

9:00–9:15 am	Q&A
9:15–9:25 am	BREAK (Prepare for Class)
9:25–10:40 am	YAF/POLY Yoga Level II Class – Greatest Hits 2 (Larry Payne, Ph.D.)
10:40–11:55 am	BREAK
11:55 am–12:15 pm	Q&A
12:15–1:30 pm	LUNCH
1:30–2:45 pm	The Psychology of Aging (Deborah Myers, CYT)
2:45–3:00 pm	BREAK
3:00–4:30 pm	Chair Yoga (Don Henry, C-IAYT, POLY)
4:45–5:00 pm	Q&A with Don Henry, C-IAYT, POLY

## SATURDAY, April 19

9:00–11:00 am	Paeamuktasana Yoga Joint-Freeing Exercises (Surendra Mehta, MBA, CYT, YTRx)
11:00–11:15 am	BREAK
11:15 am–12:30 pm	YAF/POLY Level II Class – Greatest Hits 3 (Larry Payne, Ph.D., C-IAYT, POLY)
12:30–1:45 pm	LUNCH
1:45–2:30 pm	"Knees" PowerPoint & Lecture (Steve Paredes, CYT, DC)
2:30–3:15 pm	"Hips" PowerPoint & Lecture (Steve Paredes, CYT, DC)
3:15–3:30 pm	BREAK
3:30–4:30 pm	Therapeutic Class for Knees and Hips (Steve Paredes, CYT, DC)
4:30–4:45 pm	Q&A with Steve Paredes

# SUNDAY, April 20

9:00–9:30 am	Yoga Q&A
9:30–9:40 am	BREAK (Prepare Yoga Mats)
9:40–10:55 am	Level II YAF/POLY Yoga Class – Greatest Hits
10:55–11:10 am	BREAK
11:10 am–12:15 pm	Analyze Last Group of Poses
12:15–1:30 pm	LUNCH
1:30–3:15 pm	Yoga Nidra: Comparing Traditional and Contemporary Approaches (Swami Janakananda, Richard Miller)
3:15–3:30 pm	BREAK
3:30–4:45 pm	Continued Yoga Nidra Session (Swami Janakananda, Richard Miller)
4:45–5:00 pm	Course Reflection & Closing Circle