

Mon	Tues	Wed	Thu	Fri	Sat
6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation
7.30-9.30 Asana	7.30-9.30 Applied Dynamic Anatomy	7.30-9.30 Asana Surya Namaskar Vinyasa	7.30-9.30 Asana Menstruation Sequence	7.30-9.30 Applied Dynamic Anatomy	7.30-9.30 Applied Dynamic Anatomy
10.30-12.30 Anatomy & Physiology Breath & Bandhas	10.30-12.30 Anatomy & Physiology Muscular/ Skeletal System, Hip Joint	10.30-12.30 Anatomy & Physiology Hip Joint	10.30-12.30 Anatomy & Physiology Hip Joint	10.30-12.30 Anatomy & Physiology Core Strength, Abdominals, Spinal Function	10.30-12.30 Reproductive
2-5.00 Adjusting Skills & Propping Injury Prevention	2-5.00 Adjusting Skills	2-5.00 Adjusting Skills	2-5.00 Adjusting Skills	2-5.00 Adjusting Skills	2-4.00 Role of the Breath, Formatting & Sequencing

Mon	Tues	Wed	Thur	Fri	Sat
6.00- 7.15 Pranayama Meditation	6.00- 7.15 Pranayama Meditation	6.00- 7.15 Pranayama Meditation	6.00- 7.15 Pranayama Meditation	6.00- 7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation
7.30-9.30 Asana Group A Adjusting	7.30-9.30 Applied Dynamic Anatomy	7.30-9.30 Asana Group B Adjusting	7.30-9.30 Applied Dynamic Anatomy	7.30-9.30 Asana Group C Adjusting	7.30-9.30 Asana
10-12.00 Gen Class Group B Adjusting	10.30-1.00 Teaching Methodology Abdominal Postures	10-12.00 Gen Class Group C Adjusting	Study	10-12.00 Gen Class Group A Adjusting	10-12.00 Teaching Methodology Hip Opening Postures
2-4.00 Anatomy & Physiology Upper Body Neck & Shoulders	2-30-4.30 Anatomy & Physiology Knees & Ankles	2-4.00 Anatomy & Physiology Injury Prevention	2-4.30 Teaching Methodology Standing Postures	2-4.30 Teaching Methodology Standing Postures	1.30-3.30 Teaching Methodology Hip Opening Postures
				5.30-7.00 Nada Yoga & Kirtan	

Mon	Tue	Wed	Thur	Fri	Sat
6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation
7.30-9.30 Asana Group A Adjusting	7.30-9.30 Asana	7.30-9.30 Asana Group B Adjusting	7.30-9.30 Asana	7.30-9.30 Asana Group C Adjusting	7.30-9.30 Asana
10-12.00 Gen Class Group B Adjusting	10.30-1.00 Teaching Methodology Upper Body Postures	10-12.00 Gen Class Group C Adjusting	10.30-12.30 Sanskrit	10-12.00 Gen Class Group A Adjusting	10.30-1.00 Teaching Methodology Backbending Postures
1.30-4.00 Teaching Methodology Chest & Shoulder Postures	2.30-4.30 Sanskrit	1.30-4.00 Teaching Methodology Inversion Postures	2-4.30 Teaching Methodology Inversion Postures	1.30-4.00 Teaching Methodology Backbending Postures	
				5-6.30 Nada Yoga & Kirtan	

Mon	Tues	Wed	Thur	Fri	Sat	Sun
6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Mantra Pranayama & Japa	6.00-7.15 Pranayama Meditation  7.15 Juice	6.00-7.15 Pranayama Meditation  7.15 Juice	6.00-7.15 Pranayama Meditation  7.15 Juice	6.00-7.15 Pranayama Meditation  7.15 Juice
7.30-9.30 Asana Group A Adjusting	7.30-9.30 Asana Group B Adjusting	7.30-9.30 Asana Group C Adjusting	7.30-9.30 Teaching Beginners Preparation  10.00 Juice	7.30-9.30 Teaching Beginners General  10.00 Juice	7.30-9.30 Restorative Class  10.00 Juice	7.30-9.30 Teaching a Class Presenting Excellence  10.00 Juice
10-12.00 Gen Class Group B & C Adjusting	10.30-1.00 Teaching Methodology Forward Bending Postures	10-12.00 Gen Class Group A & B Adjusting	10.30-12.30 Philosophy	10.30-12.30 Philosophy	10.30-12.30 Nutrition	10.30-12.30 Nutrition
2-5.00 Teaching Methodology Lateral/ Twisting Postures	2-4.30 Philosophy	2-4.30 Teaching  Methodology Forward Bending Postures	1.30 Juice 2-4.00 Nutrition	1.30 Juice 2-4.00 Nutrition	1.30 Juice 2-4.00 Yoga Nidra & Koshas	1.30 Juice 2-4.00 Dharana Dhyana Darshan
			4.30 Juice 5-6.00 Yoga Nidra	4.30 Juice 5-6.00 Yoga Nidra	4.30 Juice 5-6.00 Yoga Nidra	4.30 Juice 5-6.00 Yoga Nidra

Mon	Tues	Wed	Thur	Fri	Sat
6.15-7.30 Shakti Puja Pranayama	6.15-7.30 Shakti Puja Pranayama	6.15-7.30 Shakti Puja Pranayama	6.15-7.15 Shakti Puja Pranayama	6.15-7.15 Shakti Puja Pranayama	6.15-7.15 Shakti Puja Pranayama
7.15 Juice	7.15 Juice	7.15 Juice	7.15 Juice	7.15 Juice	7.15 Juice
7.30.-9.30 Teaching Beginners	7.30.-9.30 Teaching Beginners	7.30.-9.30 Teaching Beginners	7.30-9.30 Teaching Beginners	7.30-9.30 Teaching Beginners	7.30-9.30 Yogic Body
10.00 Juice	10.00 Juice	10.00 Juice	9.30 Break Fast	9.30 Break Fast	9.30 Break Fast
10.30-12.30 Philosophy	11-1.00 Philosophy	10.30-12.30 Philosophy	10.30-12.30 Philosophy	10.30-12.30 Nutrition	10.30-12.30 Nutrition
1.00 Juice	1.00 Juice	1.00 Juice	12.30 Lunch	12.30 Lunch	12.30 Lunch
2-4.00 Yoga Therapy	2-4.00 Philosophy Phil	2-4.00 Yogic Therapy	1.30- 3.30 Yoga Therapy	2-4.00 Yogic Body	2-4.00 Practical Assessment Overview
4.30 Juice	4.30 Juice	4.30 Juice	4.45 Dinner	4.45 Dinner	4.45 Dinner
			5.30-7.00 Nada Yoga & Kirtan		

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6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation	6.00-7.15 Pranayama Meditation
7.30-9.30 Asana Blind fold	7.30-9.30 Asana Adjusting Group A	7.30-9.30 Asana Adjusting Group B	7.30-9.30 Asana Adjusting Group C	7.30-9.30 Asana Partner Yoga	7.30-9.30 Yogic Body
Prep Practical Teaching	11-1.00 Philosophy	Prep Practical Teaching	10.30-12.30 Philosophy	Prep Practical Teaching	10.30-12.30 Yogic Body
2-5.00 Pract/Teach Circle	2-5.00 Pract/Teach	2-5.00 Pract/Teach	2-5.00 Pract/Teach Circle	2.5.00 Pract/Teach	2-3.00 Teaching One on Ones Theory

Mon	Tues	Wed	Thur	Fri
6.00-7.15 Pranayama Meditation Pract/Teaching	6.00-7.15 Pranayama Meditation Pract/Teaching	6.00-7.15 Pranayama Meditation Pract/Teaching	6.00-7.15 Pranayama Meditation Pract/Teaching	6.00-7.15 Pranayama Meditation
7.30-9.30 Teaching One on Ones	7.30-9.30 Teaching One on Ones	7.30-9.30 Asana	7.30-9.30 Yoga Gym	7.30-9.30 Asana
Prep Practical Assessment	Prep Practical Assessment	Prep Practical Assessment		
1-4.00 Practical Assessment	1-4.00 Practical Assessment	1-4.00 Practical Assessment	1.30-3.30 Summation Stepping Out & Yoga Ethics	
			4.30-6.30 Satsang	4.30-7.30 Graduation Ceremony