

**Sample Time Table - YTT 500 hr (in addition to existing YTT 200hr)
Level III Teacher Training. This training comprises 300hrs.**

Mon	Tue	Wed	Thur	Fri	Sat
6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation
7.30-9.30 Asana	7.30-9.30 Applied Dynamic Anatomy	7.30-9.30 Asana	7.30-9.30 Applied Dynamic Anatomy	7.30-9.30 Asana	7.30-9.30 Applied Dynamic Anatomy
10.30-12.30 Anatomy & Physiology	10.30-12.30 Anatomy & Physiology	10.30-12.30 Anatomy & Physiology	10.30-12.30 Anatomy & Physiology	10.30-12.30 Anatomy & Physiology	10.30-12.30 Anatomy & Physiology
2.00-4.30 Adjusting Skills & Propping	2.00-4.30 Assisting Skills	2.00-4.30 Multi Level Teaching Skills	2.00-4.30 Yoga Ethics	2.00-4.30 Formatting & Sequencing	2.00-4.30 Yoga Therapy Abdominal Postures
			5.30-6.30 Mantra Kriya Chanting		

Mon	Tue	Wed	Thur	Fri	Sat
6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation
7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana
10.00-12.00 Philosophy	11.00-1.00 Philosophy/ Sanskrit	10.00-12.00 Philosophy	10.30-12.30 Philosophy/ Sanskrit	10.00-12.00 Philosophy	10.30-12.30 Yoga Therapy Chest & Shoulder Postures
2.00-4.30 Yoga Therapy Standing Postures	2.00-4.30 Yoga Therapy Standing Postures	2.00-4.30 Yoga Therapy Hip Opening Postures	2.00-4.30 Yoga Therapy Hip Opening Postures	2.00-4.30 Yoga Therapy Upper Body Postures	2-4.30 Yoga Therapy Inversion Postures
			5.30-6.30 Mantra Kriya Chanting		

Mon	Tue	Wed	Thur	Fri	Sat	Sun
6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-8.00 Pranayama Meditation	6-8.00 Pranayama Meditation	6-8.00 Pranayama Meditation
7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	8.00 Juice	8.00 Juice	8.00 Juice
10.30-12.00 Philosophy	10.30-1.00 Yoga Therapy Back Bending Postures	10.00-12.00 Philosophy	10.30-12.30 Yoga Therapy Forward Bending Postures	10-12.00 Pranayama Meditation 12.00 Juice	10-12.00 Pranayama Meditation 12.00 Juice	10-12.00 Pranayama Meditation 12.00 Juice
2.00-4.30 Yoga Therapy Inversion Postures	2.30-5.00 Yoga Therapy Back Bending Postures	2.00-4.30 Yoga Therapy Lateral/ Twisting Postures	2.00-4.30 Yoga Therapy Forward Bending Postures	2-4.00 Pranayama Meditation 4.00 Juice	2-4.00 Pranayama Meditation 4.00 Juice	2-4.00 Pranayama Meditation 4.30 Break Fast
			5-6.00 Detox and Silent Meditation Overview	5-7.00 Satsang	5-7.00 Satsang	5.30-6.30 Satsang

Mon	Tue	Wed	Thur	Fri	Sat
Study Day	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation
	7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana
	11-1.00 Philosophy	10.00-12.00 Sports Nutrition	10.30-12.30 Philosophy	10.00-12.00 Sports Nutrition	10.30-12.30 Sports Nutrition
	2.00-4.00 Teaching Methodology Ropes	2.30-5.00 Teaching Methodology Benches	2-4.00 Voice Dynamics	2-4.00 Voice Dynamics	2-4.00 Overview & Assessment Handouts
			5.30-6.30 Mantra Kriya Chanting		

Mon	Tue	Wed	Thur	Fri	Sat
6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation
7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Yogic Body
10.00-12.00 Nutritional Science	10.30-12.30 Philosophy	10.00-12.00 Nutritional Science	10.30-12.30 Philosophy	10.00-12.00 Nutritional Science	10.30-12.30 Yogic Body
1.30-5.00 One on One Investigation	1.30-5.00 One on One Individual	1.30-5.00 One on One Programming	1.30-5.00 One on One Review	1.30-5.00 One on One Assesment	2-4.00 Presenting Excellence

Mon	Tue	Wed	Thur	Fri
6-7.15 Pranayama Meditation Practical Teaching	6-7.15 Pranayama Meditation Practical Teaching	6-7.15 Pranayama Meditation Practical Teaching	6-7.15 Pranayama Meditation	6-7.15 Pranayama Meditation Closing Circle
7.30-9.30 Asana	7.30-9.30 Asana	7.30-9.30 Asana	8-12.00 Yoga Gym	7.30-9.30 Asana
10.00-12.00 Presenting Excellence	10.30-12.30 Presenting Excellence	10.00-12.00 Presenting Excellence		10.00-12.00 Stepping Out
1.30-5.00 Practical Teaching Assessments	1.30-5.00 Practical Teaching Assessments	1.30-5.00 Practical Teaching Assessments	2-5.00pm Tratak	4-6.00 Graduation Ceremony