

SCHEDULE

5:30AM	Wake Up
5:45-6:00	Herbal Tea
6:00-6:15	Nasal Cleansing
6:30-7:15	Pranayama
7:30-9:-30	Asana & Alignment And Adjustment
9:30-10:30	Breakfaast
10:30-11:30	Philosophy
11:30-12:30	Anatomy
12:45-1:30	Mantra Chanting
2:00-2:45	Lunch
2:45-4:30	Self Study
4:30-6:00	Asana
6:30-7:15	Meditation
7:30	Dinner
10:30	Lights Off

*Sample schedule. Course times subject to change as per season or course requirements.



The daily schedule will remain the same throughout the course except at weekends. However, the focal point of practice will be different each week and take you more in depth as the course progresses. The first week will be focused on creating a strong and lasting foundation of the various aspects of Yoga as well as understanding the principles of traditional Hatha Yoga Asana, basic Pranayama and its significance for Asana Practice. Our students will also be given guidance for building strength and stamina, learning the basic asanas through the practice of asanas based on Hatha, Vinyasa and multi-style yoga.

In the second week students will be introduced to the principles of alignment, balancing and be given the opportunity to delve deeper into the theoretical concepts of Yoga Philosophy and Anatomy. The Asana classes will be principally based on traditional Hatha Yoga and its modifications in the form of Vinyasa.

The third week will build on what was previously taught taking the students to an intermediate level of asana practice which entails more skilled asanas including deep backbends and inversions

The fourth and final week will be dedicated to practical assessments and a depth analysis of the professional yoga teaching so far imparted.

This week is crucial for consolidation, introspection and self-assessment. Any queries can be raised and discussed in depth to bring out the student's optimum potential as a Yoga practitioner and certified yoga teacher.