



Session	Title	Educational Category	Time
Day 1 Welcome Circle	Welcome Circle - Introduction and sharing	Techniques, Training and Practice (TTP)	18:00 - 19:00
Day 1 Evening Circle	Part 1: Cultivating a safe teaching space	Teaching Methodology™	20:00 - 21:00
Day 2 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 2 Morning Circle	Part 2: Cultivating a safe teaching space	Teaching Methodology™	10:00 - 12:00
Day 2 Afternoon Circle	First teaching assignment	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 2 Evening Circle	The art of sequencing and the benefits of planning	Teaching Methodology™	16:30 - 19:00
Day 3 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 3 Morning Circle	Sun Salutations	Techniques, Training and Practice (TTP)	10:00 - 12:00
Day 3 Afternoon Circle	Teaching Sun Salutations	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 3 Evening Circle	Slow Yoga, Restorative Yoga & Yin Yoga	Techniques, Training and Practice (TTP)	16:30 - 19:00
Day 4 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 4 Morning Circle	Functional Movement in Yoga - Part 1	Anatomy & Physiology (AP)	10:00 - 12:00
Day 4 Afternoon Circle	Teaching Standing Poses	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 4 Evening Circle	The History of Yoga. Screening: Yoga Unveiled	Yoga Philosophy/Lifestyle Ethics (YPLE)	16:30 - 19:00
Day 5 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 5 Morning Circle	Functional Movement in Yoga - Part 2	Anatomy & Physiology (AP)	10:00 - 12:00
Day 5 Afternoon Circle	Teaching Standing Poses	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 5 Evening Circle	The Art of Teaching - a discussion	Teaching Methodology™	16:30 - 19:00
Day 6 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 6 Morning Circle	Functional Movement - The Joints	Anatomy & Physiology (AP)	10:00 - 12:00
Day 6 Guided Practice	Teaching Standing Poses	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 6 Evening Circle	The Breath	Techniques, Training and Practice (TTP)	16:30 - 19:00
Day 7 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 7 Morning Circle	Self Practice as a Yoga Teacher and Buddy Coaching	Yoga Philosophy/Lifestyle Ethics (YPLE)	10:00 - 12:00
Day 7 Afternoon Circle	Teaching Standing Poses	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 7 Evening Circle	Savasana	Techniques, Training and Practice (TTP)	16:30 - 19:00
Day 8	Off		
Day 9 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 9 Morning Circle	The 8 Limbs of Yoga	Yoga Philosophy/Lifestyle Ethics (YPLE)	10:00 - 12:00
Day 9 Afternoon Circle	Teaching Hip Poses and Forward Folds	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 9 Evening Circle	Meditation	Techniques, Training and Practice (TTP)	16:30 - 19:00
Day 10 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 10 Morning Circle	Anatomy	Anatomy & Physiology (AP)	10:00 - 12:00
Day 10 Afternoon Circle	Teaching Hip Poses and Forward Folds	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 10 Evening Circle	Pranayama	Techniques, Training and Practice (TTP)	16:30 - 19:00
Day 11 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 11 Morning Circle	Anatomy - Fascia	Anatomy & Physiology (AP)	10:00 - 12:00
Day 11 Afternoon Circle	Teaching Hip Poses and Forward Folds	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 11 Evening Circle	Yin Yoga & Screening on Fascia	Techniques, Training and Practice (TTP)	16:30 - 19:00
Day 12 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 12 Morning Circle	Different styles of yoga/classes	Teaching Methodology™	10:00 - 12:00
Day 12 Afternoon Circle	Teaching to Beginners	Teaching Methodology™	13:00 - 16:00
Day 12 Evening Circle	Pranayama, Restorative Yoga, Meditation and Yoga Nidra	Techniques, Training and Practice (TTP)	16:30 - 19:00
Day 13 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 13 Morning Circle	The Anatomy of Backbends	Anatomy & Physiology (AP)	10:00 - 12:00
Day 13 Afternoon Circle	Teaching Backbends	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 13 Evening Circle	What is Vinyasa?	Teaching Methodology™	16:30 - 19:00
Day 14 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 14 Morning Circle	Props are for Pros	Teaching Methodology™	10:00 - 12:00
Day 14 Afternoon Circle	Teaching Practice	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 14 Evening Circle	The Role of the Yoga Teacher, Boundaries and more	Yoga Philosophy/Lifestyle Ethics (YPLE)	16:30 - 19:00
Day 15	Off		
Day 16 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 16 Morning Circle	Bandhas, Dristi and the Chakras	Anatomy & Physiology (AP)	10:00 - 12:00
Day 16 Afternoon Circle	Arm Balances and Inversions	Teaching Methodology™	13:00 - 16:00
Day 16 Evening Circle	Restorative, Somatic, Yin and Yoga Nidra Practice	Techniques, Training and Practice (TTP)	16:30 - 19:00
Day 17 Guided Practice	Guided Practice	Techniques, Training and Practice (TTP)	07:00 - 09:00
Day 17 Morning Circle	Creating Themes	Teaching Methodology™	10:00 - 12:00
Day 17 Afternoon Circle	Teaching Practice - Hips and Core	Techniques, Training and Practice (TTP)	13:00 - 16:00
Day 17 Evening Circle	Being a Yoga Teacher	Yoga Philosophy/Lifestyle Ethics (YPLE)	16:30 - 19:00
Day 18 Teaching Practicum	Student Led Practice	Practicum	07:00 - 09:00
Day 18 Morning Circle	The Art of Warming Up & Cooling Down	Teaching Methodology™	10:00 - 12:00
Day 18 Afternoon Circle	Lesson Planning Sequencing	Teaching Methodology™	13:00 - 16:00
Day 18 Evening Circle	Marketing yourself as a yoga teacher	Teaching Methodology™	16:30 - 19:00
Day 19 Teaching Practicum	Student Led Practice	Practicum	07:00 - 09:00
Day 19 Morning Circle	Sanskrit	Yoga Philosophy/Lifestyle Ethics (YPLE)	10:00 - 12:00
Day 19 Afternoon Circle	The Bhagavad Gita and the Yoga Sutras of Patanjali	Yoga Philosophy/Lifestyle Ethics (YPLE)	13:00 - 16:00
Day 19 Evening Circle	Finding your unique teaching voice	Teaching Methodology™	16:30 - 19:00
Day 20 Teaching Practicum	Student Led Practice	Practicum	07:00 - 09:00
Day 20 Morning Circle	Written Exam	Practicum	10:00 - 12:00
Day 20 Afternoon Circle	Ethics and Yoga	Yoga Philosophy/Lifestyle Ethics (YPLE)	13:00 - 16:00
Day 20 Evening Circle	Question Time	Yoga Philosophy/Lifestyle Ethics (YPLE)	16:30 - 19:00
Day 21 Teaching Practicum	Student Led Practice	Practicum	07:00 - 09:00
Day 21 Morning Circle	Closing Circle & What's Next?	Yoga Philosophy/Lifestyle Ethics (YPLE)	10:00 - 12:00
Day 21 Departure	Room check out from 12-1pm	Farewell Lunch from 1pm-2pm	12:00 - 14:00