

Sample weekly timetable

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Shatkar ma and mantra chanting 6:45 am to 7:45 am	Yogic Cleansing	Yogic Cleansing	Yogic Cleansing	Yogic Cleansing	Yogic Cleansing	Yogic Cleansing	
	Mantra chanting	Mantra chanting	Mantra chanting	Mantra chanting	Mantra chanting	Mantra chanting	
Yoga Asana 8:00 am to 9:00 am	Asana Practice	Asana Practice	Asana Practice	Asana Practice	Asana Practice	Asana Practice	
<i>Breakfast 9:00 am</i>	Break	Break	Break	Break	Break	Break	
Yoga Anatomy 9:30 am- 11:30 am	Intro to Skeleton	Intro to Skeleton	Intro to Intermedi ate and deep Muscles	Basic Anatomic al Terms	Intro to Joints	The spine, Knee and shoulder joints	
Yoga Philosop hy 12:00 pm- 1:00 pm	History of yoga	History of yoga and texts	Intro to 8 limbs of yoga	Yoga sutras	Yamas and Niyamas	Hatha yoga pradipika	
<i>1:00 pm</i>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
Methodol ogy, Alignme nt 2:30 pm to 4:30 Pm	Yoga flow break downs	Yoga flow break downs	Yoga flow break downs	Yoga flow break downs	Yoga flow break downs	Yoga flow break downs	
Teaching Practice Sequenci ng of Yoga 4:30 pm to 6:30 pm	Teaching methodol ogy	Teaching methodol ogy	Teaching methodol ogy	Teaching methodol ogy	Teaching methodol ogy	Teaching methodolo gy	BREAK DAY

<i>Dinner- 7:00 pm</i>	Break	Break	Break	Break	Break	Break	
8:30 pm	Self Study	Different schools of yoga				NIGHT OUT	