



## 200 HRS YOGA TEACHER TRAINING COURSE DAILY SCHEDULE

### Monday to Friday

6am-8am- Practice session

8am-9am – Breakfast break

9am-1pm- Lecture on topic of the day

1pm-2.30pm- Lunch break

2.30pm-4.45pm- Lecture of the day/writing assignments

5pm- 7pm- Practice session/Teaching practice

(During lecture we will take 10/15 min short breaks for drinks)

### Saturday

6am-8am- Practice session

9am-1pm- Lecture of the day.

1pm onwards time to chill out/own studies/visit beach/visit nearby tourist places etc until Monday morning 6am, these activities are not the part of course and these are totally subjective.

### 3 short assignments

We will write 3 short tests after every 50 hrs of training to refresh your knowledge.

### Last day of the course

We will be having practical assessment, this assessment is not based on how advanced asana you can perform but it will be based on the understanding of how to perform asana to gain maximum results/benefits.

## Essay based assignment

We will write these essay based questions/assignments during the course.

## Notes

- All these assignments are specially arranged to make your knowledge and understanding of the subject very effective. These assignments are nothing to do with your results of the course.
- On the first day: Friday 28 February we will start at 14.30pm, check in is possible from 11 am.
- On the last day (Thu. 19 March) the program is finished around 5pm, the check-out is at 7pm.
- If you decide to follow the 3 Day Back Ache Management Course then you can stay this night for free!