

# YOGA TEACHER TRAINING

Module: 200-Hour Foundation Week Number: \_\_\_\_\_ Lead Trainer: \_\_\_\_\_

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
06:00	<b>Pranayama</b> <i>Breathwork</i>	<b>Meditation</b> <i>Silent Sit</i>	<b>Pranayama</b> <i>Kriyas</i>	<b>Meditation</b> <i>Guided Visualization</i>
07:30	<b>Asana</b> <i>Hatha Flow</i>	<b>Asana</b> <i>Ashtanga Lead</i>	<b>Asana</b> <i>Vinyasa Krama</i>	<b>Asana</b> <i>Alignment Lab</i>
09:30	<i>Breakfast &amp; Personal Study</i>			
11:00	<b>Philosophy</b> <i>Yoga Sutras</i>	<b>Anatomy</b> <i>Skeletal System</i>	<b>Philosophy</b> <i>Bhagavad Gita</i>	<b>Anatomy</b> <i>Muscular System</i>
13:00	<i>Lunch Break</i>			
14:30	<b>Lab</b> <i>Adjustments</i>	<b>Lab</b> <i>Prop Usage</i>	<b>Lab</b> <i>Inversions</i>	<b>Lab</b> <i>Backbends</i>
16:30	<b>Workshop</b> <i>Chanting/Mantra</i>	<b>Clinic</b> <i>Peer Feedback</i>	<b>Workshop</b> <i>Ayurveda</i>	<b>Clinic</b> <i>Cues &amp; Voice</i>