

Living Yoga Program

DAILY SCHEDULE

(subject to improvement)

	Friday	Saturday	Sunday	Monday	Tuesday
7:00-8:30 a.m.		Yoga = Charles	Ashtanga Yoga = Juan	Yoga = Donna	Yoga = Ellen <i>Breakfast In Silence</i>
Breakfast 8:30-9:15					
9:30-12:30		9:30 Campus Orientation = Madhukar/Jaresha 9:40 -10:45 Practicum Overview =Charles 10:45-12:30 Vision for Living = Ellen <i>12:30-1:30 students dine with advisor</i>	Classroom Logistics = Ellen <i>Gift Shop Open 1:00 – 1:45pm</i>	9:30 – 10:30 Yoga Lifestyle 10:30-12:30 Vrinda, Barsana Dham devotee <i>12:45pm Heather the massage therapist here at lunch to visit with the group about massage.</i>	Ergonomics, Posture, and Adjustments = Ellen
Lunch is served 12:30-1:15					
2:00-4:00 p.m.		Asana = Ellen Staff Bound Angle Bridge	Asana = Charles Mountain Pose Sun Salute-ViniYoga Downward Dog	Asana = Charles Seated spinal twist Child's pose Forward bend (standing) Plank Sun Salute-12 step	Asana = Charles Warrior 1 Warrior 2 Knees to chest
<i>4:15pm Monday: Explain practicum then practicum is only 4:30-5:45p</i>					
4:15-5:45 p.m.		Teaching Practicum 4:45-5:30	Teaching Practicum	Teaching Practicum	Teaching Practicum
Dinner 6:00-7:00					
7:00-9:00 p.m.	Introductions and overview of the week's activities	Pranayama (Part 1) = Charles	Designing a Class, Asana sequencing = Donna	Art of Teaching 1 = Charles	Free Time

100% Attendance is required at all activities. Each activity counts toward the 200-hour certification requirement.

	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:30 a.m.	Yoga = Charles <i>Breakfast in silence</i>	Yoga = Danny	Team teaching	Team teaching	Yoga = Everyone teaches
Breakfast 8:30-9:15					
9:30-12:30	Art of Teaching 2 = Charles 12:30 Lunch with FAMILY	9:30 – 12:30 History of Yoga = Donna <i>12:45-1:45 Barsana Dham Gift Shop OPEN</i>	Round Robin Adjustments = Charles, Donna, Ellen	Business of Yoga = Charles	<ul style="list-style-type: none"> Classroom scenarios Family Time Reintegration Closing
Lunch is served 12:30-1:15					
2:00-4:00 p.m.	Asana = Ellen Triangle Camel Forward bend (seated)	Asana = Ellen Tree Cobra Bow	Asana = Charles Supine spinal twist Head to knee Boat	Review = Charles GROUP PHOTO SHOOT–Bring your camera!!	<i>Gift Shop open 1-1:45</i>
4:15-5:45 p.m.	Teaching Practicum	Teaching Practicum	Teaching Practicum	Teaching Practicum	
Dinner 6:00-7:00					
7:00-9:00 p.m.	Restorative Yoga, Yoga Nidra = Donna	Classroom Logistics (Part 2), Neti, Trakata = Ellen	Yoga Sutras, Subtle Energy = Donna	Pranayama (Part 2) = Charles	