

TIME TABLE

300-Hour Yoga Teacher Training (150-hour Mandatory Core Classes) | September - November 2023

SEPTEMBER, WEEK 1 - 5

DATE	First Lesson	Lunch	Second Lesson
2 September (Saturday) WEEK 1	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
9 September (Saturday) WEEK 2	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
16 September (Saturday) WEEK 3	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
17 September (Sunday) WEEK 3	10:00 - 13:00 Yoga Anatomy (Live Stream)	Break	14:30 - 18:30 Philosophy (Live Stream)
23 September (Saturday) WEEK 4	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
24 September (Sunday) WEEK 4	10:00 - 13:00 Yoga Anatomy (Live Stream)	Break	14:30 - 18:30 Philosophy (Live Stream)
30 September (Saturday) WEEK 5	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training

OCTOBER, WEEK 5 - 9

DATE	First Lesson	Lunch	Second Lesson
1 October (Sunday) WEEK 5	10:00 - 13:00 Yoga Anatomy (Live Stream)	Break	14:30 - 18:30 Philosophy (Live Stream)
7 October (Saturday) WEEK 6	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
8 October (Sunday) WEEK 6	10:00 - 13:00 Yoga Anatomy (Live Stream)	Break	14:30 - 18:30 Philosophy (Live Stream)
14 October (Saturday) WEEK 7	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
15 October (Sunday) WEEK 7	10:00 - 13:00 Yoga Anatomy (Live Stream)	Break	14:30 - 18:30 Philosophy (Live Stream)
21 October (Saturday) WEEK 8	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
22 October (Sunday) WEEK 8	14:30 - 18:30 Philosophy (Live Stream)		
28 October (Saturday) WEEK 9	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
29 October (Sunday) WEEK 9	14:30 - 18:30 Philosophy (Live Stream)		

NOVEMBER, WEEK 10 - 11

DATE	First Lesson	Lunch	Second Lesson
4 November (Saturday) WEEK 10	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
5 November (Sunday) WEEK 10	14:30 - 16:30 EXAM - Philosophy (Live Stream)		
11 November (Saturday) WEEK 11	09:30 - 14:30 EXAM - Asana, Instruction & Yoga Anatomy		

Class hours for each category:

Asana Practice & Techniques, Teaching Skills	85-Hour
Yoga Anatomy	15-Hour
Philosophy, Ethics & Lifestyle	30-Hour (Live Stream)
Integrative Practice & Teaching	10-Hour
Assignment	10-Hour
	Total: 150-Hour