

TIME TABLE

200-Hour Yoga Teacher Training | March - May 2023

MARCH, WEEK 1 - 3

DATE	First Lesson (4H)	Lunch (1H)	Second lesson (4H)
11 March (Saturday) WEEK 1	9:30 - 13:30 Anatomy & Physiology	Break	14:30 - 18:30 Asana Practice / Training
12 March (Sunday) WEEK 1	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
18 March (Saturday) WEEK 2	9:30 - 13:30 Anatomy & Physiology	Break	14:30 - 18:30 Asana Practice / Training
19 March (Sunday) WEEK 2	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
25 March (Saturday) WEEK 3	9:30 - 13:30 Pranayama Techniques	Break	14:30 - 18:30 Asana Practice / Training
26 March (Sunday) WEEK 3	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training

APRIL, WEEK 4 - 8

DATE	First Lesson (4H)	Lunch (1H)	Second lesson (4H)
1 April (Saturday) WEEK 4	9:30 - 13:30 Anatomy & Physiology	Break	14:30 - 18:30 Asana Practice / Training
2 April (Sunday) WEEK 4	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
5 April (Wednesday) WEEK 5	9:30 - 13:30 Anatomy & Physiology	Break	14:30 - 18:30 Asana Practice / Training
7 April (Friday) WEEK 5	9:30 - 13:30 Anatomy & Physiology	Break	14:30 - 18:30 Asana Practice / Training
8 April (Saturday) WEEK 5	9:30 - 13:30 Asana Practice / Training (Live Stream)	Break	14:30 - 18:30 Philosophy (Live Stream)
9 April (Sunday) WEEK 5	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
15 April (Saturday) WEEK 6	9:30 - 13:30 Asana Practice / Training (Live Stream)	Break	14:30 - 18:30 Philosophy (Live Stream)
16 April (Sunday) WEEK 6	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 EXAM (Anatomy & Physiology)
22 April (Saturday) WEEK 7	9:30 - 13:30 Asana Practice / Training (Live Stream)	Break	14:30 - 18:30 Philosophy (Live Stream)
23 April (Sunday) WEEK 7	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training
29 April (Saturday) WEEK 8	9:30 - 13:30 Asana Practice / Training (Live Stream)	Break	14:30 - 18:30 Philosophy (Live Stream)
30 April (Sunday) WEEK 8	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 Asana Practice / Training

MAY, WEEK 9

DATE	First Lesson (4H)	Lunch (1H)	Second lesson (4H)
6 May (Saturday) WEEK 9	9:30 - 13:30 Asana Practice / Training (Live Stream)	Break	14:30 - 18:30 Philosophy (Live Stream)
7 May (Sunday) WEEK 9	9:30 - 13:30 Asana Practice / Training	Break	14:30 - 18:30 EXAM (Asana, Instruction & Philosophy)

Class hours for each category:

Asana Practice & Technique	120-Hour (20-Hour Live Stream)
Anatomy & Physiology	20-Hour
Philosophy, Ethics & Lifestyle	20-Hour (Live Stream)
Integrative Practice & Teaching	10-Hour (Teaching Assistant) 10-Hour (Independent Teaching)
Assignment	20-Hour
	Total: 200-Hour