

Sri Lanka 200-hour Teacher Training Schedule

Schedule is Tentative

TIME	SUBJECT
SEPT 8	
4 - 6 PM	Registration
5 - 6:30 PM	Hatha Class
7:30 - 9 PM	Welcoming, Intros
SEPT 9	
9:30 - 11:30	Course Overview and Bio of Sri Gurudev
2:45 - 3:30	FREE TIME
3:45 - 5:00	Tour & History of Yogaville
5:30 - 6:30	Fun Hatha session
7:45 – 9:00	Raja Yoga
SEPT 10	
9:30 - 10:30	Integral Yoga Class overview and Seated Postures
10:30 - 11:30	
2:45 - 4:00	Free time
4:00 - 5:15	Yogic Diet/Fasting
5:30 - 6:30	Pranayama Theory
7:45 - 8:45	Meditation Theory
SEPT 11	
9:30 - 11:30	Sun Worship
2:45 - 4:00	Karma Yoga
4:15 - 5:15	Practice Teaching

TIME	SUBJECT
5:30 - 6:30	Kirtan/Yoga Nidra/or Hatha II practice
7:45 - 8:45	FREE EVENING
SEPT 12 - Optional Fasting Day	
9:30 - 11:30	Wonders of Human Body
2:45 - 4:00	Japa Yoga
4:15 - 5:15	Practice Teaching
5:30 - 6:30	Yoga Nidra/Hatha Two
7:45 – 9:00	Raja Yoga
SEPT 13	
9:30 - 11:30	Sun Worship #2
2:45 - 4:00	Bhakti Yoga
4:15 - 5:15	Practice Teaching
5:30 - 6:30	Buddy Group Sharings
7:45 - 8:45	FREE EVENING
SEPT 14	
9:30 - 11:00	Muscular/Skeletal #1
11 – 11:30	Quiz
2:45 - 4:00	Muscular/Skeletal #2
4:15 - 5:15	Practice Teaching
6:45 - 8:45	Sharings, DVD, Q & A
SEPT 15	
9:30 - 11:30	Opening, chanting, EM
2:45 - 4:00	Joint Freeing & warm ups
4:15 - 5:30	Practice Teaching
5:30 - 6:30	Restorative Class/Hatha II Postures
7:45 – 9:00	Raja Yoga

TIME	SUBJECT
SEPT 16	
9:30 - 11:00	Backward Bends
11 – 11:30	Raja Quiz
2:45 - 4:00	Health Benefits of Yoga
4:15 - 5:30	Practice Teaching
5:30 - 6:30	Pranayama Theory
7:45 - 8:45	Meditation Theory
SEPT 17	
9:30 - 11:30	TBA
2:45 - 4:00	Diet/Fasting Q & A
4:15 - 5:30	Practice Teaching
5:45- 6:30	Yoga Nidra/ Meditation
7:45 - 8:45	FREE EVENING
SEPT 18	
9:30 - 11:30	Respiratory System
2:45 - 4:00	Kriyas
4:15 - 5:30	Practice Teaching
5:45 - 6:30	Yoga Nidra/Meditation
7:45 – 9:00	Raja Yoga
SEPT 19	
9:30 – 10:45	Forward Bends
11 – 11:30	Buddy Group Sharings
2:45 - 4:00	TBA
4:15 - 5:30	Practice Teaching
5:30 - 6:30	Kailash, kirtan
7:45 - 8:45	FREE EVENING

TIME	SUBJECT
SEPT 20	
9:30 - 11:00	DIGESTIVE SYSTEM
11 – 11:30	Quiz
2:45 - 4:00	Stress Management
4:15 - 5:30	Practice Teaching
6:45 - 8:45	Sharings, DVD, Q & A
SEPT 21	
9:30 - 11:30	Shoulder Stand
2:45 - 4:00	Chakras/Koshas
4 - 5:45	Practice Teaching
6 - 6:30	Meditation
7:45 – 9:00	Raja Yoga
SEPT 22 - FREE DAY	
SEPT 23	
9:30 - 11:00	Cardiovascular System
11 – 11:30	Raja Quiz
2:45 - 4:00	Chair Poses
4 - 5:45	Practice Teaching
5:30 - 6:30	Pranayama Theory
7:30 – 9:00	Meditation Theory
SEPT 24	
9:30 - 11:00	Fish & Twist TBA - a half hour
2:45 - 4:00	Standing Postures
4:00 - 5:45	Practice Teaching
6- 6:30	Meditation
7:45 - 8:45	FREE EVENING

TIME	SUBJECT
SEPT 25	
9:30 - 11:00	A & P
11 – 11:30	Yoga Mudra
2:45 - 4:00	TBA
4 - 5:45	Practice Teaching
6 - 6:30	Meditation
7:45 9:00	Raja Yoga
SEPT 26 - OPTIONAL KRIYAS IN AM	
9:30 - 11:30	Yoga Nidra
2:45 - 4:00	Teaching Pranayama #1
4 - 5:30	Practice Teaching
5:45 – 6:30	Buddy Group Sharings
7:45 - 8:45	FREE EVENING
SEPT 27	
9:30 - 11:00	Teaching Pranayama #2 and closing the class
11 – 11:30	Quiz
2:45 - 4:00	Lymph System
4 - 5:30	Practice Teaching
6:45 - 8:45	Sharings, DVD Jnana Yoga
SEPT 28	
9:30 - 11:30	Optional Postures
2:45 - 4:00	Nervous System
4:00 - 6:00	Practice teaching
6 - 6:30	Meditation
7:45 – 9:00	Raja Yoga
SEPT 29 – 31 - COURSE BREAK	

TIME	SUBJECT
OCT 1	
9:30 - 11:00	Making Corrections
11 – 11:30	Raja quiz, final
2:45 - 4:00	Endocrine System
4:00 - 6:00	Practice Teaching
6 - 6:30	Yoga Nidra
7:45 - 8:45	Meditation Theory
OCT 2	
9:30 - 11:30	Teaching Elders, Children, Prenatal
2:45 - 4:00	Teaching Courses or Multilevel Classes
4:00 - 6:00	Practice teaching
6 - 6:30	Meditation
7:45 - 8:45	FREE EVENING
OCT 3	
9:30 - 11:30	Qualifying Classes
2:45 – 3:45	Laugha Yoga
4:00 – 5:45	Scope of Practice: counseling students
5:15 – 6:00	Questions Students Ask Or TBA
6 - 6:30	Meditation
7:45 – 9:00	Raja Yoga & A little quiz too
OCT 4	
9:30 - 11:30	Qualifying CLASSES
2:45 - 4:45	Qualifying CLASSES
5 - 6:30	Marketing & Promotion: the Business End
7:45 - 8:45	FREE EVENING

TIME	SUBJECT
OCT 5	
9:30 - 11:30	IYTA, Taking it Home, Sharings
2:45 - 3:30	All Faiths Hall
4:00 - 5:30	Graduation
7:45 - 8:45	Celebration
OCT 6	
9:30 - 11:30	Breakfast and good-byes