



February 25 & 26

Subject	Hours required
Functional anatomy and physiology	3
Yogic physiology Nadis/chakras/bandha Koshas	2
Philosophy, ethics and lifestyle Self study/svadhaya Yogic text – Yoga Sutras of Patanjali	2
Techniques	9
Yoga nidra	1
Pranayama	1
Meditation & kirtan	1
Asana	4
Teaching methodology Alignment, adjustment, sequencing	2
Integrative practice and teaching practicum Observation and assist	2
Home and studio Practice	
<u>Total for February</u>	<u>20</u>

March 18...

Subject	Hours required
Functional anatomy and physiology	1
Yogic physiology Nadis/chakras/bandha Koshas	1
Philosophy, ethics and lifestyle Self study/svadhaya Yoga Sutras	1
Techniques	4
Pranayama	1
Meditation & kirtan	1
Asana	2
Teaching methodology Alignment, adjustment, sequencing	1
Integrative practice and teaching practicum Observation and assist	2
Home and studio Practice	
<u>Total for March</u>	<u>10</u>

April 1, 15 & 29

Subject	Hours required
Functional anatomy and physiology	3
Yogic physiology Nadis/chakras/bandha Koshas	3
Philosophy, ethics and lifestyle Self study/svadhaya Yoga Sutras	3
Techniques	10
Yoga nidra	1
Pranayama	2
Meditation & kirtan	1
Asana	4
Teaching methodology Alignment, adjustment, sequencing	6
Integrative practice and teaching practicum Observation and assist	5
Home and studio Practice	
<u>Total for April</u>	<u>30</u>

May 13 & 27

Subject	Hours required
Functional anatomy and physiology	2
Yogic physiology Nadis/chakras/bandha Koshas	2
Philosophy, ethics and lifestyle Self study/svadhaya Yoga Sutras	2
Techniques	12
Yoga nidra	1
Pranayama	1
Meditation & kirtan	2
Asana	6
Teaching methodology Alignment, adjustment, sequencing	1
Integrative practice and teaching practicum Observation and assist	1
Home and studio Practice	
<u>Total for May</u>	<u>20</u>

June 10 & 24

Subject	Hours required
Functional anatomy and physiology	2
Yogic physiology Nadis/chakras/bandha Koshas	2
Philosophy, ethics and lifestyle Self study/svadhaya Yoga Sutras	2
Techniques	10
Yoga nidra	1
Pranayama	1
Subtle energies/developmental movements	2
Meditation & kirtan	2
Asana	4
Teaching methodology Alignment, adjustment, sequencing	2
Integrative practice and teaching practicum Observation and assist	2
Home and studio Practice	
<u>Total for June</u>	<u>20</u>

July 8, 22 & 23

Subject	Hours required
Functional anatomy and physiology	2
Yogic physiology Nadis/chakras/bandhas Koshas	2
Philosophy, ethics and lifestyle Self study/svadhaya Yoga Sutras	4
Techniques	12
Yoga nidra	1
Pranayama	3
Meditation & kirtan	2
Asana	6
Teaching methodology Alignment, adjustment, sequencing	6
Integrative practice and teaching practicum Observation and assist	4
Home and studio practice	
<u>Total for July</u>	<u>30</u>

Total workshop hours = 130

Home and studio practice = 70

Total course hours = 200