

Time 12Mar	Topic
7-8:45AM	Orientation
9:00-10:30	Orientation/Practice
10:30-11:30	What is Ashtanga Vinyasa Yoga?
11:30-12:30	LUNCH
12:30-2:30	Issues that come up with Teacher Training
2:30-4:30	Suyra Namaskara A
4:30-7:30	Alignment issues w/ Surya Namaskara A
7:30-8:30PM	Meditation/Deep relaxation

Time 19 Mar	Topic
8-10AM	Morning Practice/ Alignment class option
9:00-10:30	Arm balances
10:30-12:00	Jumpbacks
12:00-1:00	LUNCH
1:00-3:00	Teaching arm balances Partner A & B
3:00-5:30	Teaching jumpbacks Partner A & B
5:30-7:30	Final Project discussion
7:30-8:00PM	Meditation

Time 20 Mar	Topic
6:30-8:00AM	Opening practice/Kundalini option
8:00-9:00	Yoga Sutras
9:00-10:30	Yoga Sutras Begin chanting them
11:00-12:30	Yoga Sutras discussion
12:30-1:30	Lunch break
1:30-2:30	Cultural discussion
2:30-4:30	Afternoon practice/beginners option
4:30-5:30	Discuss Indian Culture/Visit the city and temples of
5:30-6:00	Hardidwar
6-7pm	Bhagvagita discussion