



Sample 200-Hour Training Schedule

WEEK : ONE

DAY	MORNING LESSON	AFTERNOON LESSON
MONDAY DISCUSSION GROUPS	<ul style="list-style-type: none"> - Orientation, Intros, Requirements, Journaling, Logs / Tracking, Evaluation, and Observations. - LRW + Yoga Alliance Overview : Policies and Procedures. 	<ul style="list-style-type: none"> - Basic Sanskrit. - Asana Foundations, Alignment, Adjustments, Meditation and Pranayama. - Discussion Assignment. - Master Class.
TUESDAY STUDENT/TEACHER MEETUPS	<ul style="list-style-type: none"> - Historical Context. - Meditation. - Environments. 	<ul style="list-style-type: none"> - Asana Foundations, Alignment and Adjustments. - Pranayama and Meditation. - Student Teaching Exercises.
WEDNESDAY ONLINE STUDY GROUP DISCUSSION GROUPS	<ul style="list-style-type: none"> - Asana Foundations, Pranayama, Meditation Methods. - Pace. - Master Class. 	<ul style="list-style-type: none"> - Asana Foundations, Alignments, Adjustments, Pranayama, and Meditation. - Student Teaching Exercises.
THURSDAY STUDENT/TEACHER MEETUPS	<ul style="list-style-type: none"> - Sequencing. - Asana Sequencing. - Discussion Assignments. 	<ul style="list-style-type: none"> - Asana Foundations, Alignments, Adjustments, Pranayama, and Meditation. - Peak Pose Discussion Assignment. - Student Check-In's. - Student Teaching Exercises.
FRIDAY DISCUSSION GROUPS	<ul style="list-style-type: none"> - Cueing. - Asana Foundations, Contraindications and Sequencing. 	<ul style="list-style-type: none"> - Chanting, Mantras, and Mudras. - Final Flow Assignment. - Student Teaching Exercises. - Material Review.

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