

Tuesday 2nd - Saturday 6th January 2018

TIMES	TUE	WED	THU	FRI	SAT
7:30 - 11:30	Asana, Pranayama, Meditation (Blindfold on Saturday)				
11:30 - 1:00	Brunch				
1:00 - 2:30	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy Test
2:30 - 2:45	Tea Break				
2:45 - 3:45	Practicum Knoff Overview	Practicum and Asana Names Basic Sanskrit	Knoff Overview Test & Principles of Practice	Asana Name Test & Principles of Practice	Yoga Sutras & Chanting
3:45 - 5:15	Teaching Methodology				Graduation