

	Saturday, Aug 2	Sunday, Aug 3	Monday, Aug 4	Tuesday, Aug 5	Wednesday, Aug 6	Thursday, Aug 7	Friday, Aug 8
6:00 - 7:00		Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice
		Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike
7:00 - 7:20		Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers
7:30 - 8:20		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 - 9:30		Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation
9:30 - 10:30		Lecture	Lecture	XXXXXXX	Lecture	XXXXXXX	Lecture Week One Conclusion
9:30 - 9:50		XXXXXXX	XXXXXXX	Contemplative Walk	XXXXXXX	Contemplative Walk	XXXXXXX
10:00 - 10:50		XXXXXXX	XXXXXXX	J & G	XXXXXXX	J & G	XXXXXXX
10:30 - 10:50		Contemplative Walk	Contemplative Walk	XXXXXXX	Contemplative Walk	XXXXXXX	Contemplative Walk
11:00 - 11:50		Exercises for Joints & Glands (J&G)	HYT Asana	HYT Asana	HYT Asana	HYT Asana	HYT Asana
11:00 - 12:30		Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana
12:00 - 2:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:40 - 2:50		Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study
2:00 - 2:50		Guided Relaxation	NadiShodhana	Restorative Yoga	Asana workshop	Asana workshop	Kirtan
3:00 - 3:50		Intro Yoga: Art of Awareness	Anatomy of Breath	Sequence of J & G	Refine Breath: Cleanse, Nourish, Balance	Practice of Asana	Asana and It's Sequence
		Proper sitting for Meditation	Yoga Sutras	Yoga Sutras	Yoga Sutras	Yoga Sutras	Yoga Sutras - Conference Conclusion
4:00 - 4:50		Systems of Personality	Yoga Nidra	Intro Systematic Relaxation	Yoga Ethics	Manas (Mind) & Emotions	Anatomical relationships in Asana
		Yoga of Love	What is meditation and what is not	TBA	Balancing Breath & Meditation	TBA	TBA
5:30 - 6:00	Orientation	Anatomy/Awareness of Asana	Diaphragmatic Breathing	Sequence for Meditation in the HYT	Sequence of Integrated Practice in HYT	Mantra & the Mind	Yoga Kriya - Intro to Cleansing Practices
6:00 - 7:30 P	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:30 - 8:30 P	Lecture	Yoga Sutras	Phylosophy of Hatha Yoga	Yoga Sadhana	Spirituality in HYT	Kirtan	The Structure and Function of Mind
8:30 - 9:20 P	Intro to Yoga in the HYT	Practicum for Meditation - BASICS	TTP Foundational Studies	Yoga Sadhana	Spirituality in HYT	What is and what is not Meditation	The Structure and Function of Mind
9:20 - 9:30 P	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers
	<b>Saturday, Aug 9</b>	<b>Sunday, Aug 10</b>	<b>Monday, Aug 11</b>	<b>Tuesday, Aug 12</b>	<b>Wednesday, Aug 13</b>	<b>Thursday, Aug 14</b>	<b>Friday, Aug 15</b>
6:00 - 7:30	Personal Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice	Guided Integrated Practice
		Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike	Guided Meditative Hike
7:00 - 7:20		Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers	Morning Prayers
7:30 - 8:20	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 - 9:30	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation
9:30 - 10:30		Lecture	Lecture	XXXXXXX	Lecture	XXXXXXX	Lecture Week Two & TTP Conclusion
9:30 - 9:50		XXXXXXX	XXXXXXX	Contemplative Walk	XXXXXXX	Contemplative Walk	XXXXXXX
10:00 - 10:50		XXXXXXX	XXXXXXX	J & G	XXXXXXX	J & G	XXXXXXX
10:30 - 10:50		Contemplative Walk	Contemplative Walk	XXXXXXX	Contemplative Walk	XXXXXXX	Contemplative Walk
11:00 - 11:50		Asana HYT	Asana HYT	Asana HYT	Asana HYT	Asana HYT	TBA
11:00 - 12:30		Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana	Progressive HYT Asana
12:00 - 2:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:40 - 2:50	Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study	Digestive Breathing/Walk & Study
2:00 - 2:50		Intro Systematic Relaxation	5 Pillars of Sadhana	Balancing Breath & Meditation	Yoga of Love	Incorrating Meditation into Life	The Art of Devotion
3:00 - 3:50	Self Study/Free Time	Methodology - Practice Teaching Skills	Methodology - Kabalabati	Practice Teaching - J & G	Practice Teaching, NadiShodhana	Practice Teaching, Relaxation, Variations	Practice Teaching, 2 Min Meditation
		Yoga Psychology	Yoga Sutras	Yoga Sutras	Yoga Sutras	Yoga Sutras	Yoga Sutras - Conference Conclusion
4:00 - 4:50	Self Study/Free Time	Practice Teachng - Diaphragmatic Breath	TBA	Practice Teaching - J & G	TBA	Practice Teaching, Asana	Practice Teaching, Basic Med Sequence
		Major Texts of Himalayan Tradition	TBA	Food Sadhana	TBA	Sanskrit: Revelation of the gods	Yoga Nidra
5:00 - 5:50	Self Study/Free Time	Practice Teaching - 3 Aspects of Breath	Progression of cleansing practices	Practice Teaching - 6 Steps in Asana	Practice Teaching, Relaxation	Practice Teaching, Asana	Conclusion & Summary
5:30 - 6:00	Orientation	Silence & Contemplative Walking	Kundulini and Chakras	Systematic Meditation	Nada Yoga	Manas (Mind) & emotions	TBA
6:00 - 7:30 P	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:30 - 8:30 P	Lecture	Yoga Sutras	Holistic Health	Yoga Philosophy	Yoga Practices/Use in Therapy Settings	Kirtan	
8:30 - 9:20 P	Introduction to HYT	Practice Teaching - Meditative Asanas	Holistic Health	Yoga Philosophy	Yoga Practices/Use in Therapy Settings	Kirtan	
9:20 - 9:30 P	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	Evening Prayers	
	Color Codes:	TTP Sessions	Meditation	Yoga Sutras			
		<b>The schedule is subject to change.</b>					

