

DAILY SCHEDULE

6:30 – 8:00am	Morning Asana Practice & Meditation
8:00 – 9:00am	Breakfast
9:00 – 10:30am	Yoga Tools & Techniques
10:30 – 10:45am	Break
10:45 – 12:30pm	Structural Yoga Therapy & Kinesiology
12:30 – 2:00pm	Lunch and Break/Independent Study
2:00 – 2:30pm	Yoga Nidra
2:30 – 2:45pm	Break
2:45 – 4:30pm	Systems of the Body
4:30 – 4:45pm	Break
4:45 – 6:00pm	Program Development
6:00 – 7:00pm	Dinner
7:00 – 7:30pm	Break/Independent Study
7:30 – 8:30pm	Evening Program

- . This is a “sample” daily schedule. Actual times may vary slightly at a particular program.
- . You will receive dinner upon the day of your arrival.
- . Orientation begins at 7:30pm on the evening of your arrival.
- . The program ends by 10am on the day of departure.