

100-Hours Yoga Teacher Training



Time	Activity
5:00 AM	Wake Up
6:15 – 7:30 AM	Mantra · Shat-Kriya · Pranayama
7:30 – 9:30 AM	Hatha Yoga
9:30 – 10:00 AM	Breakfast
10:00 – 11:00 AM	Yoga Philosophy
11:00 – 12:00 PM	Anatomy & Physiology
1:00 – 2:30 PM	Lunch
4:00 – 4:30 PM	Tea Break
4:30 – 6:00 PM	Ashtanga Vinyasa Yoga
6:00 – 7:00 PM	Meditation
7:00 – 8:00 PM	Dinner
8:30 – 9:00 PM	Evening Quiet Walk
9:00 PM	Lights Off