

Hatha Yoga Teacher Training Daily Schedule

Time	Session
7:00 AM – 7:30 AM	Morning Prayer & Meditation
7:30 AM – 9:00 AM	Hatha Yoga Asana Practice
9:00 AM – 10:00 AM	Breakfast & Personal Time
10:00 AM – 11:00 AM	Pranayama & Breathing Techniques
11:00 AM – 12:00 PM	Yoga Philosophy
12:00 PM – 1:00 PM	Anatomy & Physiology
1:00 PM – 2:00 PM	Lunch Break & Rest
2:00 PM – 3:00 PM	Teaching Methodology
3:00 PM – 4:00 PM	Alignment & Adjustment Practice
4:00 PM – 4:30 PM	Tea Break
4:30 PM – 5:30 PM	Meditation / Yoga Nidra
5:30 PM – 6:00 PM	Chanting, Discussion & Closing Session

Additional Activities:

- Weekly teaching practice
- Group discussions
- Self-study assignments
- Mantra chanting
- Cleansing practices (Shatkarmas)

Notes:

- Students are encouraged to maintain a sattvic yogic diet.
- Silence and mindfulness may be practiced during morning hours.
- Proper rest and hydration are important throughout the training.