

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|--|---|--|---|
| <br>Pranayama<br>7:15 am - 8:15 am           | <br>Mudras<br>7:15 am - 8:15 am             | <br>Meditation<br>7:15 am - 8:15 am             | <br>Pranayama<br>7:15 am - 8:15 am           | <br>Mudras<br>7:15 am - 8:15 am                 | <br>Meditation<br>7:15 am - 8:15 am          |
| <br>Asana practice<br>8:30 am - 10:30 am     | <br>Asana practice<br>8:30 am - 10:30 am    | <br>Asana practice<br>8:30 am - 10:30 am        | <br>Asana practice<br>8:30 am - 10:30 am     | <br>Asana practice<br>8:30 am - 10:30 am        | <br>Asana practice<br>8:30 am - 10:30 am     |
| <br>Lunch break<br>11:00 am - 12:30 pm       | <br>Lunch break<br>11:00 am - 12:30 pm      | <br>Lunch break<br>11:00 am - 12:30 pm          | <br>Lunch break<br>11:00 am - 12:30 pm       | <br>Lunch break<br>11:00 am - 12:30 pm          | <br>Lunch break<br>11:00 am - 12:30 pm       |
| <br>Yoga nidra<br>12:30 pm - 13:30 pm        | <br>Yoga theory<br>12:30 pm - 13:30 pm      | <br>Yoga nidra<br>12:30 pm - 13:30 pm           | <br>Yoga theory<br>12:30 pm - 13:30 pm       | <br>Yoga nidra<br>12:30 pm - 13:30 pm           | <br>Yoga theory<br>12:30 pm - 13:30 pm       |
| <br>Yoga Philosophy<br>13:40 pm - 14:40 pm | <br>Anatomy<br>13:40 pm - 14:40 pm        | <br>Patanjali's Sutras<br>13:40 pm - 14:40 pm | <br>Yoga Philosophy<br>13:40 pm - 14:40 pm | <br>Anatomy<br>13:40 pm - 14:40 pm            | <br>Yoga Philosophy<br>13:40 pm - 14:40 pm |
| <br>Tea break<br>14:40 pm - 16:00 pm       | <br>Tea break<br>14:40 pm - 16:00 pm      | <br>Tea break<br>14:40 pm - 16:00 pm          | <br>Tea break<br>14:40 pm - 16:00 pm       | <br>Tea break<br>14:40 pm - 16:00 pm          | <br>Tea break<br>14:40 pm - 16:00 pm       |
| <br>Asana practice<br>16:00 pm - 17:30 pm  | <br>Asana practice<br>16:00 pm - 17:30 pm | <br>Asana practice<br>16:00 pm - 17:30 pm     | <br>Asana practice<br>16:00 pm - 17:30 pm  | <br>Asana practice<br>16:00 pm - 17:30 pm     | <br>Asana practice<br>16:00 pm - 17:30 pm  |
| <br>Art of Teaching<br>18:00 pm - 19:00 pm | <br>Physiology<br>18:00 pm - 19:00 pm     | <br>Adjust & Alignment<br>18:00 pm - 19:00 pm | <br>Physiology<br>18:00 pm - 19:00 pm      | <br>Adjust & Alignment<br>18:00 pm - 19:00 pm | <br>Art of Teaching<br>18:00 pm - 19:00 pm |

Classes run Monday Through Saturday, Sunday is a rest day.