

8 WEEKS SCHEDULE

TTC200

Online Live Sessions	Pre-recorded Sessions	On Site in India Kanha Shanti Vanam
Webinar 1	Let's meet: Introduction (90 min)	3 pm -5 pm IST/ 11.30am-1.30pm CET
Week 1	Introduction to the world of Yoga	Flow 1 - Loosening Practices + Sun Salutation(1hr/ day) Theory: Yogic Lifestyle (1hr) History of Yoga (1hr)
Webinar 2	Q&A/ Yoga Live Practice on the mat - (90min)	3 pm -5 pm IST/ 11.30am-1.30pm CET
Week 2	Yogic Anatomy & Physiology	Flow 2 - simple flow (1hr/day) Theory: Pancha Kosha (1hr) Ayurveda (1hr)
Webinar 3	Q&A/ Yoga Live Practice on the mat - (90min)	3 pm -5 pm IST/ 11.30am-1.30pm CET
Week 3	Introduction to the Bhagavad Gita	Flow 3 - Simple flow (1hr/day) Theory: Bhagavad Gita (1hr) Skeletal System (1hr)
Webinar 4	Q&A/ Yoga Live Practice on the mat - (90min)	3 pm -5 pm IST/ 11.30am-1.30pm CET
Week 4	The 4 paths of Yoga	Flow 4 - intermediate flow (1hr/day) Theory: 4 Paths of Yoga (1hr) Muscular System (1hr)
Webinar 5	Q&A/ Yoga Live Practice - (90min)	3 pm -5 pm IST/ 11.30am-1.30pm CET
Week 5	Yoga and Breathing	Flow 5 - intermediate flow(1hr/day) Theory: Sankhya Philosophy (1hr) Cardiovascular and Respiratory System (2hr)
Webinar 6	Q&A/ Yoga Live Practice -(90min)	3 pm -5 pm IST/ 11.30am-1.30pm CET
Week 6	From Patanjali to Modern Yogis	Flow 6 - intermediate flow (1hr/day) Theory:Ashtanga Yoga (1hr) Modern Yoga Schools (1hr)
Week 7	Intensive Week1 : Understanding what is Yoga/ Practicing at a deeper level/ How to teach Yoga?	5.30 am-9.30 pm IST
Week 8	Intensive week 2: Intense Practice The Art of Teaching Yoga Understanding what is Heartfulness Yoga	5.30 am-9.30 pm IST

TTC200 Daily Schedule Kanha Shanti Vanam

1h	5.15 am to 6.15 am	Meditation (Self practice)
10 min	6.15 am	Tea
1h	6.30 am-7.30 am	Satsang
2h	7.45 am to 9.45 am	Asana/ Pranayama Practice: TTC 200h Flow Guided by Lead Trainer or Mentors
1h	9.45-10.45 am	Brunch
30 min	10.45 am -11.15 am	Circle Time
30 min	11.15 am -11.45 am	Chanting: Patanjali Yoga Sutras
15 min	11.45 am -12 pm	Break
2h	12 pm -2 pm	Theory Classes Philosophy of Yoga/ Becoming a Heartfulness Yoga Teacher
1h30	2.pm - 3.30 pm	fresh fruit juice/ study time/ rest
2h	3.30pm- 5.30 pm	Theory of Asanas and Pranayamas Teaching Practice Review of asanas of the day in a short practice, and teaching in small groups with mentor's supervision
30 min	5.30 pm- 6 pm	Heartfulness Cleaning practice
30 min	6- 6.30 pm	Karma Yoga
1h	6.30 pm - 7.30 pm	Dinner
30 min	7.30 pm - 8 pm	Theory of Asanas: Recorded video (homework) Asanas/ Pranayamas from TTC 200 flow
1h	8 pm - 9 pm	Study time
15 min	9.00 pm-9.15 pm	Universal Prayer
15 min	9 pm -9.30 pm	Night Connection
Total: 10h30		
7h group class + 30 min recorded video (homework) + 3h Heartfulness practices		