



HIMALAYAN
INSTITUTE®

500-Hour Yoga Teacher Certification Program Summer Segment

Awakening the Subtle Body

with **Himalayan Institute Faculty**

August 3–29, 2020

Online Zoom Sessions

All times are Eastern Daylight Time

Monday, August 3

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| 10:00 a.m.–11:30 a.m. | Asana and Meditation Class |
| 2:00–4:00 p.m. | The Himalayan Institute's Approach to Yoga |
| 7:00–9:00 p.m. | Introduction to the Himalayan Tradition |

Tuesday, August 4 **No Sessions**

Wednesday, August 5

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| 10:00 a.m.–12:00 p.m. | Agni Sara Essentials |
| 2:00–4:00 p.m. | Breathing, Relaxation, and Meditation |
| 7:00–8:00 p.m. | Introduction to Sanskrit |

Thursday, August 6

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| 10:00 a.m.–11:30 a.m. | Asana and Meditation Class |
| 7:00–9:00 p.m. | Overview of Yogic Texts |
- 1-hour of Guided or Independent Group Work**

Friday, August 7 **No Sessions**



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Saturday, August 8

10:00 a.m.–12:00 p.m. **Yogic Breathing**
2:00–4:00 p.m. **Foundation for Pranic Awareness**
7:00–8:00 p.m. **Sanskrit Practice**

Sunday, August 9

10:00 a.m.–11:30 a.m. **Asana and Meditation Class**
7:00–9:00 p.m. **Wisdom of the Bhagavad Gita**
1-hour of Guided or Independent Group Work

Monday, August 10

10:00 a.m. –12:00 p.m. **Asana, Breath, and Prana**
2:00–3:00 p.m. **Chat and Chai**
7:00–8:00 p.m. **Sanskrit Practice**

Tuesday, August 11 **No Sessions**

Wednesday, August 12

10:00 a.m.–11:30 a.m. **Asana and Meditation Class**
7:00–9:00 p.m. **Wisdom of the Bhagavad Gita**
1-hour of Guided or Independent Group Work

Thursday, August 13

10:00 a.m. –12:00 p.m. **The Art of Sequencing**



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2:00-4:00 p.m. **The Art of Sequencing**

7:00-8:00 p.m. **Sanskrit Practice**

Friday, August 14 **No Sessions**

Saturday, August 15

10:00 a.m.-11:30 a.m. **Asana and Meditation Class**

4:00-5:00 **Chat and Chai**

7:00-9:00 p.m. **Wisdom of the Bhagavad Gita**

1-hour of Guided or Independent Group Work

Sunday, August 16

10:00 a.m.-12:00 p.m. **The Art of Sequencing**

2:00-4:00 p.m. **Catching the Thread of Prana**

7:00-8:00 p.m. **Sanskrit Practice**

Monday, August 17

10:00 a.m.-11:30 a.m. **Asana and Meditation Class**

7:00-9:00 p.m. **Agni Vidya**

1-hour of Guided or Independent Group Work

Tuesday, August 18 **No Sessions**



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Wednesday, August 19

- 10:00 a.m. –12:00 p.m. **Tantric Anatomy of the Subtle Body**
2:00–4:00 p.m. **Pranayama and The Subtle Body**
7:00–8:00 p.m. **Sanskrit Practice**

Thursday, August 20

- 10:00 a.m.–11:30 a.m. **Asana and Meditation Class**
7:00–9:00 p.m. **Tantric Texts Recap**
1-hour of Guided or Independent Group Work

Friday, August 21 **No Sessions**

Saturday, August 22

- 10:00 a.m. –12:00 p.m. **Tantric Anatomy of the Subtle Body**
5:00–6:00 p.m. **Chat and Chai**

Sunday, August 23

- 10:00 a.m.–11:30 a.m. **Asana and Meditation Class**
7:00–9:00 p.m. **Lifestyle as a Container for Vitality**
1-hour of Guided or Independent Group Work

Monday, August 24

- 10:00 a.m. –12:00 p.m. **Pranayama and The Subtle Body**



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2:00–3:00 p.m.

Chat and Chai

Tuesday, August 25

No Sessions

Wednesday, August 26

10:00 a.m.–11:30 a.m.

Asana and Meditation Class

7:00–9:00 p.m.

Tantric Anatomy of the Subtle Body

1-hour of Guided or Independent Group Work

Thursday, August 27

10:00 a.m.–11:30 a.m.

Asana and Meditation Class

2:00–4:00 p.m.

Pranayama and The Subtle Body

Friday, August 28

No Sessions

Saturday, August 29

10:00 a.m.–12:00 p.m.

Practice Teaching and Program Closing