



**HIMALAYAN  
INSTITUTE®**

## **300-Hour Yoga Teacher Certification Program**

Exploring the Heart of Yoga Technique and Philosophy

with **Himalayan Institute Faculty**

**Online Sessions All times are Eastern Time**

**SAMPLE WEEKLY SCHEDULE (SUBJECT TO CHANGE)**

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### **Monday**

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

2:00–4:00 p.m.              **Program Session**

**Tuesday**                      **No Sessions**

### **Wednesday**

10:00 a.m.–12:00 p.m.      **Program Session**

2:00–4:00 p.m.              **Program Session**

### **Thursday**

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

2:00–4:00 p.m.              **Program Session**

7:00–9:00 p.m.              **Program Session**

**Friday**                         **No Sessions**

### **Saturday**

10:00 a.m.–12:00 p.m.      **Program Session**

2:00–4:00 p.m.              **Program Session**

### **Sunday**

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

2:00–4:00 p.m.              **Program Session**

**1-hour of Independent Group Work**