



**HIMALAYAN
INSTITUTE®**

300-Hour Yoga Teacher Certification Program Spring Segment

Advanced Teaching Methods: Exploring Asana, Breath and Prana

with **Himalayan Institute Faculty**

March 18 - April 14, 2024

Online Sessions All times are Eastern Time

SAMPLE WEEKLY SCHEDULE (SUBJECT TO CHANGE)

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