



Sample Daily Schedule

200-Hour Kripalu Vinyasa Teacher Training

This schedule is designed to provide an intensive, experiential exploration of yoga philosophy, practice, and teaching techniques. Students are required to attend all sessions, without exception. A typical daily schedule is as follows:

6:00–7:45 am *Sadhana*

Morning yoga practice is your opportunity to go within and have a personal experience while observing the teaching styles and approaches of a variety of experienced teachers.

8:00–8:30 am *Breakfast*

9:00–11:45 am *Program Session*

Program sessions will include techniques for postures and pranayama; teaching methodology for leading a Kripalu Yoga class and assisting students in postures; exposure to yogic philosophy; anatomy and physiology; and practice to support your emerging skills as a teacher.

11:30 am–1:30 pm *Lunch*

2:00–4:00 pm *Program Session*

4:15–6:00 pm *Yoga Practice*

Afternoon yoga practice is designed to reinforce posture alignment details and teaching methodology while providing opportunities to assist yoga students and deepen your own practice.

6:00–7:00 pm *Dinner*

7:30–9:00 pm *Evening Session (as scheduled) and homework time*

Please note Programs begin at 7:00 pm on opening night and end by noon on the final day. There are no full days off in the programs formatted as two 12-day sessions. The above schedule is subject to change.

[View the Kripalu Guest Guide.](#)