



## Sample Daily Schedule

### 200-Hour Kripalu Yoga Teacher Training

The schedule of the Kripalu Yoga Teacher Trainings is designed to provide an intensive, experiential exploration of yoga philosophy, practice, and teaching techniques. Given Yoga Alliance requirements, all students are required to attend all sessions, without exception. A typical daily schedule is as follows:

**6:30–8:00 am**                      *Sadhana*

Morning yoga practice is your opportunity to go within and have a personal experience while gaining familiarity with each of the core poses, and observing the teaching styles of a variety of experienced teachers.

**8:00–9:00 am**                      *Breakfast*

**9:00–11:45 am**                      *Program Session*

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

**11:30 am–2:00 pm**                      *Lunch*

**2:00–6:00 pm**                      *Program Session*

**6:00–7:00 pm**                      *Dinner*

***Please note*** Programs begin at 7:00 pm on opening night and end by 11:30 am on the final day. Monthlong sessions typically have one day off each week (Saturdays). There are no full days off in the programs formatted as two 12-day sessions. The above schedule is subject to change.