



## Sample Daily Schedule

Teacher training schedules are 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:

**6:00–8:00 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.

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

**9:00–11:30 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*

**7:00–9:00 pm**            *Evening Integration*

***Please note*** Programs begin at 7:00 pm on opening night and end by noon on the final day. The above schedule is subject to change.

[View the Kripalu Guest Guide.](#)