



### **Sample Daily Schedule**

The IYT training schedule is designed to provide an intensive exploration of yoga therapy philosophy, practice, and teaching techniques. The International Association of Yoga Therapists requires students attend all sessions, without exception. A typical daily schedule is as follows:

<b>6:30–8:00am</b>	<i>Morning Practice</i> A guided therapeutic yoga class designed for experiential learning. Integrates the teachings and philosophy of yoga therapy that are taught throughout the course.
<b>8:00–8:50 am</b>	<i>Silent Breakfast</i>
<b>8:50–11:50 am</b>	<i>Program Session (with breaks)</i> An experiential learning session covering topics from yoga philosophy to body systems and more.
<b>11:50–2:00 pm</b>	<i>Lunch</i>
<b>2:00–6:00 pm</b>	<i>Program Session (with breaks)</i> An experiential learning session discussing applied methodology and more.
<b>6:00–7:00 pm</b>	<i>Dinner</i>