



# TEACHING ADAPTIVE YOGA: BROADEN YOUR SKILLS

## 300-Hour Kripalu Yoga Teacher Training Module

### Sam Chase and Tam Terry

#### 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.

#### Healing Arts

In between program sessions and other activities, integrate your Kripalu experience with one of more than 35 services. Book your [Healing Arts](#) appointments before your arrival to ensure availability: 413.448.3501

#### OPENING DAY

2:00 pm	Check-in begins
4:45–6:00	Kripalu Yoga class
5:30–7:30	Dinner
<b>7:00–9:00</b>	<b>Program Session</b>

#### DAILY

<b>6:30–8:00 am</b>	<b>Program Session</b>
7:30–9:00	Silent Breakfast
<b>9:00–11:45 am</b>	<b>Program Session</b>
12:00–1:30 pm	Lunch
<b>2:00–6:00</b>	<b>Program Session</b>
4:45–6:00	Kripalu Yoga class
5:30–7:30	Dinner
<b>7:00–9:00</b>	<b>Program Session (Optional Study Hall, Thursday only)</b>

#### CLOSING DAY

<b>6:30–8:00 am</b>	<b>Program Session</b>
7:30–9:00	Silent Breakfast
10:00 am	Room check-out ends*
<b>9:00–11:45</b>	<b>Program Session</b>
11:30 am–1:30 pm	Lunch and Departure

**Please note** Rooms are ready by 4:00 pm. You may store your bags in the Luggage Room until your room is available. On the day of departure, room check-out time is 10:00 am—you may remain on campus and take part in workshops until 2:00 pm. Actual times and schedules may vary; please see the Guest Boards or the schedule provided upon check-in for details and room locations.