



## Sample Daily Schedule

### 300-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:

**6:00–8:00 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.