

## **200 Hrs Yoga & Ayurveda TTC in Kerala** **Daily Schedule**

05:00 AM - 05:30 AM Morning Tea  
05:30 AM - 07:00 AM Hatha Yoga  
07:00 AM - 07:30 AM Tea Break  
07:30 AM - 08:30 AM Pranayama  
08:30 AM - 09:30 AM Breakfast  
10:00 AM - 11:00 AM Yoga Philosophy  
11:00 AM - 11:15 AM Tea Break  
11.15 AM - 12.15 PM Mantra Yoga/ Yoga Practicum  
12.15 PM - 13.00 PM Self Study  
13:00 PM - 14:00 PM Lunch  
15.00 PM - 16.00 PM Safety, Injuries, Anatomy & Alignment  
16:00 PM - 16:15 PM Tea Break  
16:15 PM - 17.45 PM Ashtanga Vinyasa Yoga  
18:00 PM - 19:00 PM Meditation/ Yoga Nidra  
19.00 PM - 20.00 PM Dinner  
20.00 PM - 22.00 PM Self Journaling  
22.00 PM Light Off & Sleep

## **Schedule on Wednesday- Ayurvedic**

05:00 AM - 05:30 AM Morning Tea  
05:30 AM - 07:00 AM Hatha Yoga and Shat Kriya  
07:00 AM - 07:30 AM Tea Break  
07:30 AM - 08:30 AM Ayurvedic Practicum  
08:30 AM - 09:30 AM Breakfast  
10:00 AM - 11:00 AM Ayurvedic Philosophy  
11:00 AM - 11:15 AM Tea Break  
11.15 AM - 12.15 PM Ayurvedic Practicum  
12.15 PM - 13.00 PM Self Study  
13:00 PM - 14:00 PM Lunch  
15.00 PM - 16.00 PM Ayurvedic Practicum  
16:00 PM - 16:15 PM Tea Break  
16:15 PM - 17.45 PM Ashtanga Vinyasa Yoga  
18:00 PM - 19:00 PM Ayurvedic Meditation  
19.00 PM - 20.00 PM Dinner  
20.00 PM - 22.00 PM Self Journaling  
22.00 PM Light Off & Sleep