# Typical Schedule for Yogic Studies 1

(subject to change)

**COMPLETE BEFORE THE RESIDENTIAL:** Course Orientation and Introduction via Moodle online platform.
Overview of Anatomy & Physiology - reading and pretest.

| | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 |
|---|---|---|---|---|---|---|---|---|---|---|
| | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| **7:00 AM** | | Techniques: Morning Yoga Class | Techniques: Morning Yoga Class | Techniques: Morning Yoga Class | Techniques: Morning Yoga Class | Techniques: Morning Yoga Class | Techniques: Morning Yoga Class | Techniques: Morning Yoga Class | Techniques: Morning Yoga Class | Techniques: Morning Yoga Class |
| **8:15 AM** | | Break | | | | | | | | |
| **9:00 AM** | | Yoga Class Review | Yoga Class Review | Yoga Class Review | Yoga Class Review | Yoga Class Review | Yoga Class Review | Yoga Class Review | Yoga Class Review | Yoga Class Review |
| **9:50 AM** | | Break | | | | | | | | |
| **10:00 AM** | | Philosophy: Raja Yoga Theory | A&P: Annamaya Kosha | A&P: Pranamaya Kosha | A&P: Respiratory System | A&P: Digestive System | Philosophy: Jnana Yoga | A&P: Nervous System | A&P: Mano-, Vijnana-, & Anandamaya Koshas | **10:00-11:00am** Lifestyle: Karma Yoga |
| **10:50 AM** | | Break | | | | | | | | 15m Break |
| **11:15 AM** | | Philosophy: Karma Yoga Theory | Philosophy: Hatha Yoga | Philosophy: Pratyahara | A&P: Pranamaya Kosha | A & P Cardio Vascular System | Intro to Yoga Psychology | A&P: Yoga Psych - Antar Karana | Yoga Psych: Mind & Consciousness | Home Study Overview |
| **12:05 PM** | | Break | | | | | | | | |
| **12:10 PM** | | Yoga Nidra Practice | Yoga Nidra Practice | Yoga Nidra Practice | Yoga Nidra Practice | Yoga Nidra Practice | Yoga Nidra Practice | Yoga Nidra Practice | Yoga Nidra Practice | Yoga Nidra Practice |
| **12:40 PM** | | Lunch & Clean-up or Free | | | | | | | | Lifestyle: Developing Sadhana |
| **1:40 PM** | | Lifestyle: Karma Yoga | Lifestyle: Karma Yoga | Lifestyle: Karma Yoga | Lifestyle: Karma Yoga | Lifestyle: Karma Yoga | Lifestyle: Karma Yoga | Lifestyle: Karma Yoga | Lifestyle: Karma Yoga | |
| **2:55 PM** | | Techniques: Yoga Nidra Theory | Philosophy: Yamas | A&P: Skeletal System | Techniques: Shatkarmas & Neti | Philosophy: Mantra Yoga | A&P: Endocrine System | A&P: Yoga Psych - Indriyas | Yogic Lifestyle | |
| **3:45 PM** | | Break | | | | | | | | |
| **4:10 PM** | **4:00-6:00pm** Course Induction | Techniques: Intro to Meditation | Philosophy: Niyamas | A&P: Muscular System | A&P: Respiratory System | Philosophy: Bhakti Yoga Theory | Philosophy: Branches of Yoga | Yoga Psych: Patanjali & Mind | Techniques: Intro to Kirtan<br>Chanting **4:30-5:00pm**<br>Kirtan **5:00-6:00pm** | |
| **5:00 PM** | | Break | | | | | | | | |
| **5:05 PM** | | Meditation Practice | Meditation Practice | Meditation Practice | Meditation Practice | Meditation Practice | Meditation Practice | Meditation Practice | | |
| **5:30 PM** | | | | | | | | | | |

| **Yogic Studies 1:** | **Yoga Alliance Categories for RYS-200:** |
|---|---|
| Techniques / Practice | => Techniques, Training, Practice: 135.50 total hours |
| Anatomy & Physiology<br>Yoga Anatomy | => Anatomy & Physiology: 50.50 total hours |
| Yoga Psychology<br>Yoga Philosophy / History<br>Yogic Lifestyle | => Yoga Philosophy, Lifestyle & Ethics: 90.25 total hours |
| Teaching Methodology & Practicum are part of Teacher Training 1 | |