

Day Schedule YTTC 200 hours Spring & Summer (16th March to 15th September)

Day 01				Details	Dress	Mode
Morning till Afternoon				Arrive Yogada. Traditional Himalayan Welcome. Check in & Orientation.		
PM	04:00	05:00		Tea & Feeling the place	.	
PM	05:00	06:30		Visiting the Local Shiva Temple for blessings	Comfortable	
PM	06:30	07:00		Bath & Preparation for Initiation & Briefing on the course.	.	
PM	07:00	08:00		Initiation to Sattya Yoga & Shaktipad Distribution of Course Material. Q & A about the course & Stay	White	
PM	08:00	08:30		Dinner	.	
PM	09:00			Overnight at Yogada		

Day 02						
Sessions	From	To	Details		Dress	Mode
	AM	06:00	06:30	Morning Nectar – Herbal Tea	NA	Silence
1 st	AM	06:30	07:30	Becoming one with the Nature Walk to the adjacent crystal clear beaches on the Ganga River.	Comfortable With Sports Shoes	Own your own in Silence
2 nd	AM	07:30	08:00	Cleansing thy self- followed by Quick Tea	Comfortable	Silence
3 rd	AM	08:00	10:00	Understating Yoga: Aasana's	Comfortable
	AM	10:00	11:00	Breakfast & wash & change with Little Rest	Silence
4 th	AM	11:00	13:00	Havan - Cleansing thy Self: Cosmic cleansing of the self (in & Around) <i>A Havan is a sacred ritual in which</i>	White	.

				<i>offerings are made to the fire. Fire is the central element of a Havan. Fire has been regarded as God in the Hindu religion. ... A Havan is performed with the aim to achieve material as well as spiritual success.</i>		
	PM	01:00	01:30	Lunch	.	.
	PM	01: 30	03:30	Afternoon Break for Rest		
5th	PM	03: 30	05: 00	Asana – Learning & Practice	.	.
	PM	05: 00	05:30	Tea & Comfort Break	.	Silence
6th	PM	05: 30	06:30	Understating Yoga: Anatomy	.	.
7th	PM	06:45	08:00	Understanding The Deeper Dimensions Of Yoga with Pranayama & Meditations	.	.
	PM	08:00	08:30	Dinner		Silence
8th	PM	08:30	09:00	Notes, Mantra Chanting practice & Short meditation before sleep	..	Own your own in Silence
	PM	0900		Lights off		

Day 03 & Onwards						
Sessions	From	To	Details	Dress	Mode	
	AM	06: 00	06:30	Morning Nectar – Herbal Tea	NA	Silence
1st	AM	06:30	07:30	Becoming one with the Nature Walk to the adjacent crystal clear beaches on the Ganga River.	Comfortable With Sports Shoes	Own your own in Silence
2nd	AM	07:30	08:00	Cleansing thy self- followed by Quick Tea	Comfortable	Silence
3rd	AM	08:00	10: 00	Understating Yoga: Aasana's	Comfortable	Silence

	AM	10: 00	11: 00	Breakfast & wash & change with Little Rest	Silence
4th	AM	11:00	12:00	Understanding Asana – Alignment	Comfortable	.
5th	AM	12: 00	13:00	Yoga Philosophy & Mythology		
	PM	01:00	01:30	Lunch	.	.
	PM	01: 30	03:30	Afternoon Break for Rest		
6th	PM	03: 30	04: 30	Understating Yoga: Anatomy	.	.
	PM	04: 30	06:00	Asana – Learning & Practice	.	Silence
7th	PM	06: 00	06:30	Tea & Comfort Break	.	.
8th	PM	06:30	08:00	Understanding The Deeper Dimensions Of Yoga with Pranayama & Meditations with special emphasis to Kundalini.	.	.
	PM	08:00	08:30	Dinner		Silence
9th	PM	08:30	09:00	Notes, Mantra Chanting practice & Short meditation before sleep	..	
	PM	0900		Lights off		Own your own

Sunday Schedule						
Sessions	From	To	Details	Dress	Mode	
	AM	08:00	08: 30	Breakfast	Comfortable	Silence
	AM	08: 30	10: 00	Sewa: Service beyond the self. Cleaning & Washing	Silence
4th	AM	10:00	12:00	Sunday Special : Sessions on Ayurveda & Ayurveda Cooking	Comfortable	.
5th	AM	12: 30	13:00	Lunch		
8th	PM	01:00	08:00	Free time to Visit town or an excursion to	.	.

				nearby vibrant places.		
	PM	08:00	08:30	Dinner		Silence
	PM	0900		Lights off		Own your own in Silence

Day 24 th - The Graduation						
Sessions	From	To	Details		Dress	Mode
	AM	07: 00	08:00	Final Blessings & Shaktipad Final Group Meditation	White	
	AM	08:00	08: 30	Breakfast	Comfortable	Silence
	AM	08: 30	10: 00	Sewa: Service beyond the self. Cleaning & Washing	Silence
4 th	AM	10:00	12:00	Preparation for the Graduation Ceremony.	Comfortable	In Blossom
5 th	AM	12: 00	02:00	Graduation Celebration of Blossom		In Blossom
8 th	PM	02:00	03:00	Special Farewell Meal.	.	Joyous & Cheerful
	PM	03:00	03:30	Packing & Getting Ready		.
	PM	03: 30	03: 45	Check out & depart for onward journey.		.

Yoga Charya's in the sessions:

Understanding & Practicing Yoga - the Ashtanga way : Yogi Ajee

Understanding & Practicing Yoga the Hatha way : Yogi Yogi Sachin

Understanding Allignements : Yogi Himanshu & Divyansh

Understating Yoga: Philosophy & Mythology – Seema

Understating Yoga: Anatomy & Physiology – Divyansh

Ayurveda – Dr. Mukesh Rana

Indian Cooking : Daulat & Deewan

Understating Yoga: The Deeper Dimensions of Yog : RAJEE Ba

Music: Himanshu

**Sessions timings & Yog Acharya some time may change due to a situation.*



Yogada

Demystifying Yoga

Yogada

A Sattya Yoga School for Himalayan Yoga

& An Ashram style Yoga & wellness Retreat on the banks of the Ganges

Shivpuri – 249192 RISHIKESH India