

Day Schedule YTTC 200 hours
Winters (16th September to 15th March)

Day 01				Details	Dress	Mode	
Morning till Afternoon		Arrive Yogada. Traditional Himalayan Welcome. Check in & Orientation.					
PM	03:00	04:00	Tea & Feeling the place		.		
PM	04:00	05:30	Visiting the Local Shiva Temple for blessings		Comfortable Sports Shoes		
PM	05:30	06:00	Bath & Preparation for Initiation & Briefing on the course.		.	Silence	
PM	06:00	07:00	Initiation to Sattya Yoga & Shaktipad Distribution of Course Material. Q & A about the course & Stay		White		
PM	07:00	07:30	Dinner		.	.	
PM	08:00	Overnight at Yogada				Silence	

Day 02						
Sessions	From	To	Details		Dress	Mode
	AM	07:00	07:30	Morning Nectar – Herbal Tea	NA	Silence
1 st	AM	07:30	08:30	Becoming one with the Nature Walk to the adjacent crystal clear beaches on the Ganga River.	Comfortable	Own your own in Silence
2 nd	AM	08:30	09:00	Cleansing thy self- followed by Quick Tea	Comfortable	Silence
3 rd	AM	09:00	10:00	Understating Yoga: Aasana's	Comfortable	Silence
	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 offerings are</i>	Comfortable	.

				<i>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	02:30	Afternoon Break for Rest		Silence
5th	PM	02: 30	03: 30	Understating Yoga: Anatomy	.	.
	PM	03: 30	05:00	Asana – Learning & Practice	.	
6th	PM	05: 00	05:30	Tea & Comfort Break	.	.
7th	PM	05:30	07:00	Understanding The Deeper Dimensions Of Yoga with Pranayama & Meditations	.	.
	PM	07:00	07:30	Dinner		Silence
8th	PM	07:30	08:00	Notes, Mantra Chanting practice & Short meditation before sleep	..	Own your own in Silence
	PM	0800		Lights off		

Day 03 & Onwards						
Sessions	From	To	Details	Dress	Mode	
	AM	06: 45	07:00	Morning Nectar – Herbal Tea	NA	Silence
1st	AM	07:00	08:00	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	08:00	08:30	Cleansing thy self- followed by Quick Tea	Comfortable	Silence
3rd	AM	08:30	10: 00	Understating Yoga: Aasana’s	Comfortable	Silence
	AM	10: 00	11: 00	Breakfast & wash & change with Little Rest	Silence

4 th	AM	11:00	12:00	Understanding Asana – Alignment	Comfortable	.
5 th	AM	12: 00	13:00	Yoga Philosophy & Mythology		.
	PM	01:00	01:30	Lunch	.	Silence
	PM	01: 30	02:30	Afternoon Break for Rest		Silence
6 th	PM	02: 30	03: 30	Understating Yoga: Anatomy	.	.
	PM	03: 30	05:00	Asana – Learning & Practice	.	.
7 th	PM	05: 00	05:30	Tea & Comfort Break	.	Silence
8 th	PM	05:30	07:00	Understanding The Deeper Dimensions Of Yoga with Pranayama & Meditations	.	.
	PM	07:00	07:30	Dinner		Silence
9 th	PM	07:30	08:00	Notes, Mantra Chanting practice & Short meditation before sleep	..	
	PM	0800		Lights off		Own your own in Silence

Sunday Schedule						
Sessions	From	To	Details	Dress	Mode	
	AM	09:00	09: 30	Breakfast	Comfortable	Silence
	AM	09: 30	11: 00	Sewa: Service beyond the self. Cleaning & Washing	Silence
4 th	AM	11:00	13:00	Sunday Special Sessions on Ayurveda Ayurveda Cooking	Comfortable	.
5 th	AM	01: 00	01:30	Lunch		.
8 th	PM	01:30	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	08: 00	09:00	Final Blessings & Shakti pad Final Group Meditation	White	
	AM	09:00	09: 30	Breakfast	Comfortable	Silence
	AM	09: 30	10: 30	Sewa: Service beyond the self. Cleaning & Washing	Silence
4 th	AM	10:30	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		Silence
	PM	03: 30	03: 45	Check out & depart for onward journey.		Own your own in Silence

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