

## Day Schedule YTTC 200 hours

### Winters (16<sup>th</sup> September to 15<sup>th</sup> 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 <sup>st</sup>	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 <sup>nd</sup>	AM	08:30	09:00	Cleansing thy self- followed by Quick Tea	Comfortable	Silence
3 <sup>rd</sup>	AM	09:00	10:00	Understating Yoga: Aasana's	Comfortable	Silence
	AM	10:00	11:00	Breakfast & wash & change with Little Rest	....	Silence
4 <sup>th</sup>	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 <b>Havan</b>. Fire has been regarded as God in the Hindu religion. ... A <b>Havan</b> is <b>performed</b> 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
5 <sup>th</sup>	PM	02: 30	03: 30	Understating Yoga: Anatomy	.	.
	PM	03: 30	05:00	Asana – Learning & Practice	.	
6 <sup>th</sup>	PM	05: 00	05:30	Tea & Comfort Break	.	.
7 <sup>th</sup>	PM	05:30	07:00	Understanding The Deeper Dimensions of Yoga with Pranayama & Meditations	.	.
	PM	07:00	07:30	Dinner		Silence
8 <sup>th</sup>	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
1 <sup>st</sup>	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
2 <sup>nd</sup>	AM	08:00	08:30	Cleansing thy self- followed by Quick Tea	Comfortable	Silence
3 <sup>rd</sup>	AM	08:30	10: 00	Understating Yoga: Aasana's	Comfortable	Silence
	AM	10: 00	11: 00	Breakfast & wash & change with Little Rest	....	Silence

4 <sup>th</sup>	AM	11:00	12:00	Understanding Asana – Alignment	Comfortable	•
5 <sup>th</sup>	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 <sup>th</sup>	PM	02: 30	03: 30	Understating Yoga: Anatomy	•	•
	PM	03: 30	05:00	Asana – Learning & Practice	•	•
7 <sup>th</sup>	PM	05: 00	05:30	Tea & Comfort Break	•	Silence
8 <sup>th</sup>	PM	05:30	07:00	Understanding The Deeper Dimensions Of Yoga with Pranayama & Meditations	•	•
	PM	07:00	07:30	Dinner		Silence
9 <sup>th</sup>	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 <sup>th</sup>	AM	11:00	13:00	Sunday Special Sessions on Ayurveda Ayurveda Cooking	Comfortable	•
5 <sup>th</sup>	AM	01: 00	01:30	Lunch		•
8 <sup>th</sup>	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 <sup>th</sup> - 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 <sup>th</sup>	AM	10:30	12:00	Preparation for the Graduation Ceremony.	Comfortable	In Blossom
5 <sup>th</sup>	AM	12: 00	02:00	Graduation Celebration of Blossom		In Blossom
8 <sup>th</sup>	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*