

Yoga Sutra Shala - Yoga Teacher Training Courses



Your timetable: On the Monday you arrive we will begin with some refreshment, welcomes & introductions and a chance for you to unpack and rest. Following a delicious lunch we will help you to orientate yourself, with a garden & village walk. It will be a relaxed day with an initial Yin Yoga & meditation class - beginning at around 18.00 - and dinner at around 19.30.

Monday to Friday: *We will observe silence from 21.00 to 10.30 each day.*

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|-------|--|---|---------------------------------------|
| 07.30 | Pranayama |) | |
| 07.50 | Asanas |) | |
| 09.00 | Break |) | <i>Silence Time from waking &</i> |
| 09.10 | Meditation |) | <i>until after breakfast</i> |
| 09.30 | Breakfast and free-time |) | |
| 11.15 | Alignment & Adjustment |) | |
| 12.00 | Break |) | |
| 12.15 | Sequencing |) | |
| 13.00 | Break |) | |
| 13.30 | Philosophy/ Discussion / Chanting |) | |
| 14.15 | Lunch and free-time |) | |
| 16.00 | Teaching Practice – Pranayama (until 16.30) |) | |
| 16.35 | Teaching Practice – Asana (until 17.20) |) | |
| 17.25 | Teaching Practice – Meditation (until 17.55) |) | |
| 18.00 | Workshop / sharing |) | |
| 19.30 | Dinner |) | |
| 20.30 | Chanting (until 21.00) |) | <i>Followed by Silence Time</i> |

Saturdays: For those that would like to join, there will be optional guided walks/hikes in the mountains & valleys that surround the retreat. Breakfast is provided. Lunch & dinner can be enjoyed out in one of the local restaurants. These offer a range of meals, including vegetarian and vegan dishes, fresh salads and delicious Valencian hot cocoa!

Sundays: Workshops developing what you have been learning; yin yoga; culinary and creative skills and interests; and a chance to get together for informal discussions.

Weekend meal times are:

09.30 Breakfast **14.00** Lunch (Sunday only) **19.30** Dinner (Sunday only)
(Fruit, snacks and beverages will be available throughout your stay)

On the final full day of your course (Thursday), you will be presented your certificate and we will have a closing ceremony and a kirtan, followed by a farewell dinner. The last morning of your course will proceed as usual with classes, followed by a delicious lunch. The retreat centre will close at 14.00.

Please feel free to bring musical instruments along with you – they are a great addition to the Kirtans. If you have something that you regularly practice and you would particularly like to share as a workshop on a Sunday, please let us know.