

Sembrando Semillas con Yoga



200 hours Schedule

Center of Yoga & Meditation
Human & Environmental Development

The Program

Waking up at 6.00 am. Resting at 8 or 8.30pm. Mantras and Meditation in the morning. The students go deep inside to connect with the meditation and sanscrit mantras, healing and harmonizing body and mind. The practice of asanas, alignments is every day, we share a profound teaching which the students learn to apply in their future life. Our schedule is designed to become a teacher with consciousness and a therapist

Our intention

“is to train you in a way so that you can experience truth within yourself in order to become an authentic guide who can help people to find their own truth, true happiness and openness to the guidance of Higher

Day 1

1200 Recollection from Plaza Regocijo

1300 Introduction

Connecting in the Temple and lunch

1600 Personal Interviews

1700 Opening Fire Ceremony (intentions during the fire ceremony)

1800 Dinner & Singing Mantra's

DAY 2

0630 Introduction into Meditation

0700 Introduction into Pranayama (yogic breath)

0730 Introduction to Mantras

0815 Breakfast & Rest

1000 Meaning of Yoga

1100 Introductory Ideas

1200 meaning of asana, why to practice Asana? Tadasana

1300 Lunch & Rest

1500 Asana Practice, meaning of asana,

1800 Dinner

1830 Anatomy basics of breathing

1930 Introduction into Yogic Breathing & Ujjayi Breath

2000 Japa Meditation, do your own mala, make an intention

Day 3 -

0630 Meditation

0645 Pranayama

0715 Mantras

0815 Breakfast & Rest

1000 Fundamental branches of Yoga

1100 Introduction: the 8 limbs of Patanjali (part 1) Commitment

1200 Asana Practice

1300 Lunch & Rest

1500 Asana Practice and

1800 Dinner

1830 Chakra Part 1

1930 Intro to Ayurveda

DAY 4

0630 Meditation

0645 Pranayama

0715 Mantras

0815 Breakfast & Rest
1000 Genesis
1100 Patanjali Sutras 3
1200 Asana Practice, Nidra Yoga
1300 Lunch & Rest
1500 Asana Practice, living the asana (tadasana), asanas for chakras
1630 Meditation Chakras,
1700 Cristaloterapia
1800 Dinner
1830 Anatomy Skeleton System
1730 Bon fire, sharing your love, connect eachothers

DAY 5

0630 Meditation
0645 Pranayama
0715 Mantras
0815 Breakfast & Rest
1000 Chakras Part 2
1100 Koshas – Sheats of Being
1200 Asana Practice
Practice, in order to grow in your spiritual practice (who i am) purpose in life, intentions
yoga exercise
13.30 Lunch & Rest
1500 Asana Practice
1800 Dinner
1830 Genesis
1900 Japas

DAY 6

0700 Forgiveness Meditation
0800 Asana Practice
09.30 Breakfast

Day 7

0630 Meditation
0645 Pranayama
0715 Mantras
0815 Breakfast & Rest
1000 Patanjali 2, Yamas
1100 Patanjali 2, Niyamas
1200 Asana Practice, , Connection with coca leaf (kintu).bring your own gift for mother
earth.
13.30 Lunch & Rest

1500 Flowering and purification baths
1600 Asana Practice
1800 Dinner
1830 Nadis
1930 Japas

Day 8

0630 Meditation
0645 Pranayama
0715 Mantras
0815 Breakfast & Rest
1000 Patanjali 4: Pratyahara, Dharana, Dhyana, Samadhi
1200 Asana Practice, how to prepared a yoga classes
1300 Lunch & Rest
1500 Asana Practice. Reprogramming the mind
1700 Spiritual sadhana by swami sivananda
1800 Dinner
1830 Shatkarmas
1930 Introduction into Trataka

Day 9

0630 Meditation
0645 Pranayama
0715 Mantras
0815 Breakfast & Rest
1000 Muscular System
1200 Asana morning
1300 Lunch & Rest
1500 Asana Practice,
1700 the power of manifestation]
1800 Dinner
1830 Genesis
1930 Japa

Day 10

0630 Meditation
0645 Pranayama
0715 Mantras
0815 Breakfast & Rest
1000 Nervous System
1100 How to guide Pranayama
1200 Asana Practice & Nidra Yoga
1300 Lunch & Rest

1500 Asana Practice, making your own Natural products
1800 Dinner
1830 Introduction into the Gunas
1930 Trataka Practice
2000 Japa

Day 11

0630 Meditation
0645 Pranayama
0715 Mantras
0815 Breakfast & Rest*
1000 Genesis
1200 Asana Practice, living the asana, (virabhadrasana)
1300 Lunch & Rest
1500 Reiki
1730 Nidra Yoga
1800 Dinner
1830 how to guided meditation
1900 digestion System
1930 Japa Meditation
2000 Rest

Day 12

0630 Meditation
0645 Pranayama
0715 Mantras
0815 Breakfast & Rest
1000 Walking to the mountain
1630 Chakra meditation
1700 guideness for a yoga teacher I
1730 how to guided meditation
1800 Dinner
1830 Abdomen, Spine, Arms
1930 Japa

Day 13

0700 Meditation Forgiveness
0800 Asana Practice (teaching each other)
9.00 Reiki

DAY 14

0630 Meditation

0645 Pranayama

0715 Mantras

0815 Breakfast & Rest

1000 Ayurveda & Dosha test

1100 Oils for diferents doshas

1200 Asana Practice, living the asana, sirsasana, chakra asana

1300 Lunch & Rest

1500 Asana Practice,

1800 Dinner

1900 Pranayama students teachings

2000 sharing a poem, a song, a experience.

2000 Japa,

2030 Rest

DAY 15

0630 Meditation

0645 Pranayama

0715 Mantras

0815 Breakfast & Rest

1000 Karma & Karma Yoga

1100 Patanjali

1200 Asana Practice,

1300 Lunch & Rest

1500 Asana Practice, (teaching each other)

1800 Dinner

1930 Genesis

2030 Rest

DAY 16

0630 Meditation

0645 Pranayama

0715 Mantras

0815 Breakfast & Rest

1000 Asana afternoon Teaching each other)

1130 Introduction into the Temazcal

1200-3.00 Sweat Logde

1500 Lunch/Dinner & Rest

17.00 Self study for exam

DAY 17

Day of Silence

0700 Meditation in the shala

----- Start Noble Silence -----

0800 Breakfast

1000 Meditation in the shala

12.00 Meditation in the room

1300 Lunch

1500 Meditation in the shala

17.00 Meditation in the room

1800 Meditation in the shala

19.00 Dinner

20.00 Rest

DIA 18

0600 Meditation in the shala

-----End Noble Silence -----

0700 Reflection on Silence

0745 Pranayama

0815 Breakfast & Rest

1000 cacao ceremony

1200 Asana Practice, shamanic practice, intentions for life referring to Yoga

1300 Lunch & Rest

1500 Asana Practice

1700 Teaching each other

1800 Dinner

DAY 19

0630 Meditation

0645 Pranayama

0715 Mantras

0815 Breakfast & Rest

1000 Walking Meditation (Genesis)

1100 Pelvis, And Psoas

1200 Asana Practice, (teaching each other)

1330 Lunch & Rest

1500 Asana Practice,

1630 Teaching each other ?

1730 Nidra yoga

1800 Dinner

1830 Reflexion

DAY 20

0700 Meditation Forgiveness

0800 Asana Practice (teaching each other)

9.00 Reiky

Day 21

0630 Meditation

0645 Pranayama

0715 Mantras

0815 Breakfast & Rest

1000 Class planning

1200 Asanas , living the asana (vriksasana) asana for each Chakra

1300 Lunch & Rest

1500 Asana Practice,

1630 Chakra meditation

1700 guideness for a yoga teacher II

1730 how to guided meditation

1800 Dinner

1830 Anatomy Nervous System

1930 Japa

Day 22

0700 Anahata Meditation

0800 Closing Circle

0900 Handing over Certificates

0930 Breakfast & Farewell

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May God bless your path.

Namaste