

## 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, sharing a gift to each student

## DAY 5

0630 Meditation

0645 Pranayama

0715 Mantras

0815 Breakfast & Rest

1000 Chakras Part 2

1100 Koshas – Sheaths 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

1700Espiritual 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 Reyki

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 Reiky

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 planing

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