



Sample Daily Schedule Intensive Courses

GHERANDA SAMHITA HATHA VINYASA 250hr - ADVANCED 17 DAYS

GHERANDA SAMHITA VINYASA FLOW 200hr FOUNDATION LEVEL 1 - 12 DAYS

Warning - The Gheranda Samhita Intensive Training Courses are Not for Everyone!

The 12 or 17 days programs has an intensive practicum schedule of 9 hours classroom hours: 8:00am-6:00pm including weekends and 1 hour homework per day for the entire course duration. No days off are allowed for the entire duration of the face to face training. ***All planned or unforeseen absences due to extenuating circumstances, requires arrangements to be made by the student made to complete the missed amount of classroom time at his/her own expense.**

In considering whether or not to enrol, let it be emphasised that there is an extensive quantity of Yogic material condensed into intensive programs. Please do not underestimate the mental and physical demands which will be placed on participants. We ask that you seriously evaluate your levels of physical, psychological, and spiritual maturity before enrolling in these courses. To be admitted, you must demonstrate medical and mental health readiness to fully participate in the demands of the program.

Please be advised that while changes are not anticipated, the Yoga Alliance Academy reserves the right to make any necessary changes to dates and/or faculty. In the unlikely event that a change is made in date and/or faculty, the syllabus will not change and all subject matter will be presented as stated on the syllabus page on the web-page.

**The following is the basic schedule which varies slightly as benefits the group and may need to be varied depending on various factors that may arise during the face to face training.*

8:00am-9:30am	Yoga Class
9:30am-1:00pm (short breaks in within)	Lectures, Teaching Methodology, Philosophy, Practicum, Classwork
1:00pm-2:00pm	Lunch - *During closing hours no one is allowed to stay in the studio.
2:00-pm-6:00pm (short breaks in within).	Lectures, Teaching Methodology, Philosophy, Practicum, Classwork, Students Teaching to the Whole Group.
Homework	1 hour every day/asanas practice/written tasks.