

Day Schedule YTTC 200 Hours

Winters (November to February)

Day 01				Details	Dress	Mode
Afternoon		Arrive Yogada*. Check in & orientation.		
PM	10:30	01:30	Arrive at Yogada, Welcome drink & allotment of the room		...	
PM	01:30	02:00	A light Meal.			
PM	02:00	03:00	<i>Feel the place & Little Rest</i>			
PM	03:00	05:00	<i>Visit the Local Guardian Goddess temple for Blessings.</i>		Long Pants & Shoes	
P M	05:00	05:30	Tea & Snacks			
PM	05:30	06:00	Briefing about the program.		Comfortable	
PM	07:00	07:30	Dinner			
PM	08:00	Lights off - Overnight at Yogada			.	

***You can arrive any time on Day 01.**



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

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Day 2

Sessions		From	To	Details	Dress	Mode
	AM	06: 45	07:00	Morning Nectar – Herbal Tea	NA	Silence
1 st	AM	07:00	08:00	Becoming one with the nature. Walks & small hikes in the adjacent forests of Himalayan foothills & beaches of the holy Ganga river.	White	Guided
2 nd	AM	08: 00	08: 30	Cleansing Session Neti, followed by Tea & Fruits	Comfortable	
3 rd	AM	08:30	10: 00	Understating Yoga : The Ashtanga Vinyasa Way & Asana Alignments	Comfortable	...
	AM	10: 15	11: 00	Breakfast & Little Rest	
4 th	AM	11:00	13:00	Havan - Cleansing thy Self: Cosmic cleansing of the self (in & Around) A <i>Havan</i> is a sacred ritual in which offerings are made to the fire. Fire is the central element of a <i>Havan</i> . Fire has been regarded as God in the Hindu religion. ...A <i>Havan</i> is performed with the aim to achieve material as well as spiritual success.	Comfortable	.
	PM	01:30	02:00	Light Lunch	.	.
	PM	02:00	03:00	Afternoon Break for rest & Nap.		
5 th	PM	03: 00	04:00	Understanding Yoga Anatomy , Alignment & Teaching Methodology	Comfortable	xxx
6 th	PM	04:00	05:30	Understanding Asana the Hatha way,		
	PM	05: 30	06: 00	Shower & Tea Break		
7 th	PM	06: 00	07:00	Deeksha: Initiation Ritual from Guru to Student empowering him/ her to be in synch with the universe, Be receptive & learn. Followed by Meditation.	White	.
	PM	07:00	08:00	Dinner		
8 th	PM	08:00	09:00	Notes & Short meditation before sleep	..	On your own n Silence
	PM	0900		Lights off		

Day Schedule

YTTC 200 Hours

Week Days Schedule : Monday to Saturday

Sessions		From	To	Details	Dress	Mode
	AM	06: 45	07:00	Morning Nectar – Herbal Tea	NA	Silence
1 st	AM	07:00	08:00	Be with Nature – Morning hike through the adjacent reserve forests of Himalayan foothills & Beaches on Ganga.	Comfortable	Guided
2 nd	AM	08: 00	08: 30	Cleansing: Jal Neti Tea & Fruits	Comfortable	Guided
3 rd	AM	08:30	10: 00	Understating Yoga: The Ashtanga Vinyasa Way & Alignment	Comfortable	...
	AM	10: 15	11: 00	Breakfast & Little Rest
4 th	AM	11:00	12:15	Understanding Darshan, Yoga Philosophy	Comfortable	.
5 th	AM	12:15	01: 30	Making Notes & Self practice.		
	PM	01:30	02:00	Light Lunch	.	.
	PM	02:00	03:00	Afternoon Break		
6 th	PM	03: 00	04:00	Understanding Yoga Anatomy , Alignment & Teaching Methodology	Comfortable	xxx
7 th	PM	04:00	05:30	Understanding Asana the Hatha way,		
	PM	05: 30	06: 00	Shower & Tea Break		
8 th	PM	06: 00	07:00	Understanding Deeper Dimensions of Yoga with Suttle Anatomy/ Meditation / Kriyas & Pranayama	„	.
	PM	07:00	08:00	Dinner		
9 th	PM	08:00	09:00	Notes & Short meditation before sleep	..	On your own n Silence
	PM	0900		Lights off		

Day Schedule

YTTC 200 Hours

		SUNDAY Schedule				
Sessions		From	To	Details	Dress	Mode
		08:15	08 : 30	Tea		
1 st	AM	08:30	10: 00	Own practice or free time.	Comfortable	...
	AM	10: 15	11: 00	Breakfast & Little Rest
2 nd	AM	11:00	13:00	Karma Yoga : Performing selfless actions without focusing on the outcome Cleaning your room/ Hall/ Mats & the gardens.	Comfortable With shoes	.
	PM	01:30	02:00	Lunch	.	.
	PM	02:00	03:00	Little rest		
3 rd	PM	03:00	07:30	Weekly Excursion <i>Evening visit the Ghat's s to encounter evening Ghat life as well as special Arti "The Prayer dedicated to Goddess Ganges" " the town of ashrams and temples, Ghats and pilgrims, mountains and the holy Ganges. When global orange sun suspended, waits low amid the red/yellow streaked horizon, then all these combine to give this town a very special evening. The temple bells roar, priests enchant mantras. Immersed in sublimation stand the pilgrims. Cupped leaves, with saffron marigold petals and a small candle flame, flickering ride the current of water of wisdom. Suddenly the sky darkens, spreading a blanket of stillness. Everything stops, except the sound of current, which has just sunk the tiny flames of cupped leaves, few minutes back. After experiencing above we trace ours steps back to the Retreat</i>	.	Guided
	PM	08:00	08:30	Dinner		

Day Schedule YTTC 200 Hours

Day 20						
Sessions		From	To	Details	Dress	Mode
	AM	06: 45	07:00	Morning Nectar – Herbal Tea	NA	Silence
1 st	AM	07:00	08:00	Be with Nature – Morning hike through the adjacent reserve forests of Himalayan foothills & Beaches on Ganga.	Comfortable	Guided
2 nd	AM	08: 00	08: 30	Cleansing: Jal Neti Tea & Fruits	Comfortable	Guided
3 rd	AM	08:30	10: 00	Understating Yoga: The Ashtanga Vinyasa Way & Alignment	Comfortable	...
	AM	10: 15	11: 00	Breakfast & Little Rest
4 th	AM	11:00	12:15	Understanding Darshan, Yoga Philosophy	Comfortable	.
5 th	AM	12:15	01: 30	Preparing for the Graduation Ceremony.		
		01: 30	02: 30	Graduation Ceremony with Certification Award		
	PM	03:00	05:00	Special Lunch	.	.
	PM	05:00	07:00	Free time		
	PM	07:00	08:00	Dinner		
9 th	PM	08:00	09:00	Notes & Short meditation before sleep	..	On your own n Silence
	PM	0900		Lights off		

**This is a sample schedule. Timings of the sessions might change a bit.*

**Day 21: one can depart any time after or before breakfast.*

Yoga Charya's in the sessions:

Understanding & Practicing Yoga the Hatha way : Yogi Gaurav

Understanding & Practicing Yoga - the Ashtanga way : Yogi Ajee / shivam

Understanding Alignment: Yogi Gaurav

Understanding Anatomy: Divyansh /

Understating Yoga: Philosophy & Mythology – Seema

Indian Cooking : Daulat

Understating Yoga: The Deeper Dimensions of Yog : Guru Yogi RAJEE Ba / Yogi Mishra

Course Coordinator : Krishna Mohan 0091 86308 49349

You can use Wi Fi with our compliments.

Wi fi Password – High Bank Himalayan Retreat Password : HBHR@2022

User Name : Yogada Ashram : Password : Yogada@2022

Assistance at the School: Naresh : 0091 6398295405



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