

Moksha Teacher Training

Kovalam Beach, Kerala, South India

January 1-25, 2022



DATES

Dec 31, Thursday	Latest Arrival Date
Jan 1, Friday	First Day of Program
Jan 25, Monday	Last Day of Program
Jan 26, Tuesday	Departure



LOCATION

Kovalam Beach, Thiruvananthapuram
Kerala, South India



FACULTY & STAFF

Daren Friesen	Director & Teacher Trainer
Vipin Raj	Managing Director
Dr. Unnikrishnan	Director & Ayurvedic Doctor

Moksha Yoga Center
Sugham Bhavanthu Hospitalities
Agastya Heritage Ayurvedic Hospital

SCHEDULE

Note: schedule and excursion prices subject to change

Dec 31, Fri

Sunrise 6:36am

Sunset 6:13pm

Arrival

***Students must arrive in Kovalam Beach, Kerala by Dec 31st or earlier.
We recommend you arrive 3-5 days earlier than the start date.***

Jan 1, Sat

Happy New Year!

Sunrise 6:36am

Sunset 6:13pm

Welcome, Opening & Orientation 2022

5/5

Everyone is requested to wear an article of white representing sattvic intentions.

8:00-10:00am	Practice
10:00-11:00am	Opening Circle
11:00-11:30am	South India Breakfast
11:30am-1:30pm	Orientation
1:30-1:45pm	Smoothie & Snack Break
2:00-4:00pm	Agastya Heritage Ayurvedic Center Tour
4:00-6:00pm	Freetime
6:00-7:30pm	Opening Ceremony & Puja
7:30-9:00pm	Satsang Dinner

Jan 2, Sun

Sunrise 6:37am

Sunset 6:14pm

Lesson #1 – Opening Poses

8/13

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:30-9pm	Evening Session

Jan 3, Mon

Sunrise 6:37am

Sunset 6:14pm

Lesson #2 – Breath Synchronized Movement

8/21

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:30-9:00pm	Super New Moon Ceremony

Jan 4, Tue

Sunrise 6:37am

Sunset 6:15pm

Lesson #3 – Surya Namaskar A

9/30

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:00-8:30pm	Freetime



Jan 5, Wed**Sunrise 6:38am****Sunset 6:15pm****Lesson #4 – Surya Namaskar B**

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:30-9:00pm	Freetime

8/38**Jan 6, Thu****Sunrise 6:38am****Sunset 6:16pm****Day Trip to Kanyakumari**

6:00am	Depart by bus
6:30pm	Return
7:30-9:00pm	Freetime

Snacks served on bus for breakfast; lunch at the hotel buffet; return in the evening before dinner; dress code: women must cover shoulders and ankles; men must wear a dhoti and no shirt.

**Jan 7, Fri****Sunrise 6:39am****Sunset 6:16pm****Lesson #5 – Surya Namaskar C & D**

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:30-9pm	Evening Session

7/45**Jan 8, Sat****Sunrise 6:39am****Sunset 6:17pm****Lesson #6 – Standing Poses: Open**

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:30-9:00pm	Freetime

8/53**Jan 9, Sun****Sunrise 6:39am****Sunset 6:17pm****Lesson #7 – Standing Poses: Closed**

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:30-9pm	Evening Session

8/61

<p>Jan 10, Mon Sunrise 6:40am Sunset 6:18pm</p>	<p>Lesson #8 – Standing Poses: Revolving 7:00-7:50am Meditation 8:00-10:00am Yoga Practice Class 10:00-10:30am South India Breakfast 10:30am-3:30pm Teacher Training 1:00-1:15pm Smoothie & Snack Break 3:30-7:00pm Optional Ayurvedic Treatments 7:30-9:00pm Evening Session</p>	<p>8/69</p>
<p>Jan 11, Tue Sunrise 6:40am Sunset 6:18pm New Moon 3:12am</p>	<p>Lesson #9 – Side Stretches 7:00-7:50am Meditation 8:00-10:00am Round-Robin Practice Class 10:00-10:30am South India Breakfast 10:30am-3:30pm Teacher Training 1:00-1:15pm Smoothie & Snack Break 3:30-7:00pm Optional Ayurvedic Treatments 7:30-9:00pm Freetime</p>	<p>9/78</p>
<p>Jan 12, Wed Sunrise 6:40am Sunset 6:19pm</p>	<p>2 Night Trip to Varkala Beach 7:00-8:30am Yoga Practice Class 8:30-9:00am South India Breakfast 9:30am Assemble for departure by bus 11:30am Check-in at the Taj Hotel 12:00pm Freetime <i>Activities: pool lounging, beach, shopping, or Coffee Temple!</i></p>	<p>2/80</p>
<p>Jan 13, Thu Sunrise 6:41am Sunset 6:19pm</p>	<p>Varkala Beach 8:00-9:00am Yoga Practice at Pool 9:00-10:00am Breakfast Buffet 10:00am-12:00pm Teacher Training 12:00pm Lesson #11 – Shoulder Openers Freetime <i>Activities: pool lounging, beach, shopping, or Coffee Temple!</i></p>	<p>4/84</p>
<p>Jan 14, Fri Sunrise 6:41am Sunset 6:20pm</p>	<p>Varkala Beach 7:30-9:00am Yoga Practice at Beach 9:00am-12:00pm Breakfast Buffet & Freetime 12:00pm Check-out and return to Kovalam 2:00-6:00pm Teacher Training in Kovalam Lesson #12 – Shoulder Strengtheners 6:00pm Freetime [6:30-9pm Retreat #2 Orientation]</p>	<p>6/90</p>
<p>Jan 15, Sat Sunrise 6:41am Sunset 6:20pm</p>	<p>Lesson #10 – Balancing Poses 7:00-7:50am Meditation 8:00-10:00am Yoga Practice Class 10:00-10:30am South India Breakfast 10:30am-3:30pm Teacher Training 1:00-1:15pm Smoothie & Snack Break</p>	<p>8/98</p>



	3:30-7:00pm 7:00-8:30pm	Optional Ayurvedic Treatments Evening Session	
Jan 16, Sun Sunrise 6:41am Sunset 6:21pm	Lesson #13 – Hip Openers 7:00-7:50am 8:00-10:00am 10:00-10:30am 10:30am-3:30pm 1:00-1:15pm 3:30-7:00pm 7:30-9:00pm	Meditation Yoga Practice Class South India Breakfast Teacher Training Smoothie & Snack Break Optional Ayurvedic Treatments Full Moon Ceremony	8/106
Jan 17, Mon Sunrise 6:41am Sunset 6:21pm	Lesson #14 – Twists 7:00-7:50am 8:00-10:00am 10:00-10:30am 10:30am-3:30pm 1:00-1:15pm 3:30-7:00pm 7:30-9pm	Meditation Yoga Practice Class South India Breakfast Teacher Training Smoothie & Snack Break Optional Ayurvedic Treatments Evening Session	9/115
Jan 18, Tue Sunrise 6:42am Sunset 6:22pm	Lesson #15 – Abs & Kriyas 7:00-7:50am 8:00-10:00am 10:00-10:30am 10:30am-3:30pm 1:00-1:15pm 3:30-7:00pm 7:30-9:00pm	Meditation Yoga Practice Class South India Breakfast Teacher Training Smoothie & Snack Break Optional Ayurvedic Treatments Freetime	8/123
Jan 19, Wed Sunrise 6:42am Sunset 6:22pm	Lesson #16 – Forward Folds 7:00-7:50am 8:00-10:00am 10:00-10:30am 10:30am-3:30pm 1:00-1:15pm 3:30-7:00pm 7:30-9pm	Meditation Yoga Practice Class South India Breakfast Teacher Training Smoothie & Snack Break Optional Ayurvedic Treatments Evening Session	8/131
Jan 20, Thu Sunrise 6:42am Sunset 6:23pm	Lesson #17a – Backbends <i>Half day...</i> 7:00-7:50am 8:00-10:00am 10:00-10:30am 10:30-12:00pm 12:00pm	Meditation Yoga Practice Class South India Breakfast Teacher Training Freetime	5/136



Jan 21, Fri**Sunrise 6:42am****Sunset 6:23pm****Lesson #17b – Backbends**

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:30-9pm	Evening Session

8/144**Jan 22, Sat****Sunrise 6:42am****Sunset 6:24pm****Lesson #18 – Arm Balances**

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:30-9:00pm	Freetime

8/152**Jan 23, Sun****Sunrise 6:43am****Sunset 6:24pm****Free-Day****Optional Day Trip to Kanyakumari**

6:00am	Depart by bus
6:30pm	Return
7:30-9:00pm	Freetime

Snacks served on bus for breakfast; lunch at the hotel buffet; return in the evening before dinner; dress code: women must cover shoulders and ankles; men must wear a dhoti and no shirt.

**Jan 24, Mon****Sunrise 6:43am****Sunset 6:25pm****Lesson #19 – Inversions**

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:30-9pm	Evening Session

8/160**Jan 25, Tue****Sunrise 6:43am****Sunset 6:25pm****Lesson #20 – Closing Poses**

7:00-7:50am	Meditation
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South India Breakfast
10:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break
3:30-7:00pm	Optional Ayurvedic Treatments
7:30-9:00pm	Freetime

8/168

Jan 26, Wed
Sunrise 6:43am
Sunset 6:25pm

Last Day of TT

7:00-7:50am

Meditation

8:00-10:00am

Round-Robin Practice Class

10:00-10:30am

South India Breakfast

10:30am-3:30pm

Teacher Training

3:30-6:00pm

Freetime

6:00-7:30pm

Sunset Meditation, Full Moon Ceremony & Puja

Please wear an article of white representing sattvic intentions.

7:30-9:00pm

Traditional South India Thali Dinner

[End of Program 9pm]

Total Hours: 176

Jan 27, Thu

Departure



CALENDAR

Jan 27-Feb 4

South India Temple & Ashram Tour

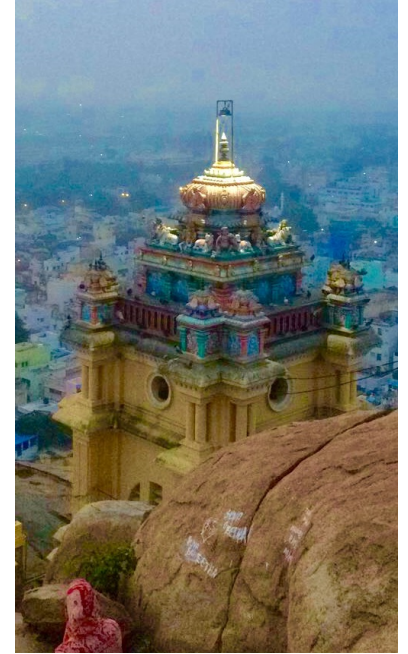
**additional fee*

Places...

Rameshwaram
Thiruvannamalai
Pondicherry
Thekkady

Sites...

Temples
Ashrams
Beaches
Mountain Tiger Reserve
Sightseeing



Feb 5-28

500hr Advanced Teacher Training

Feb 5-16

Yoga & Ayurveda Retreat #3

Feb 17-28

Yoga & Ayurveda Retreat #4



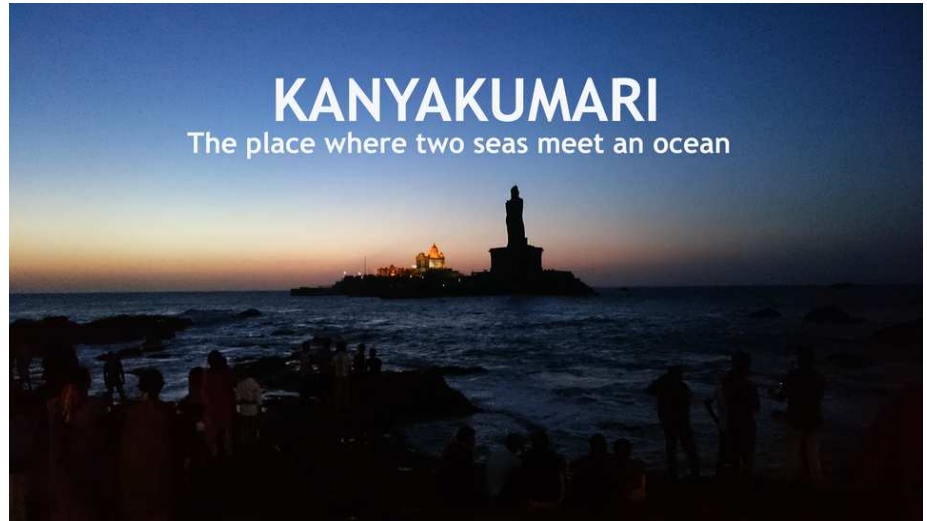
EXCURSIONS

Kanyakumari & Spice Shop Day Excursion

January 6

Vivekananda Memorial & Kanyakumari Temple...

Make a pilgrimage to the southern tip of India where 3 oceans meet: the Indian Ocean between the Saudi Arabian Sea and the Bay of Bengal, just 110 km from Kovalam, we will stop at the Vishnu temple along the way, have lunch at the southern tip and visit the memorial.



Varkala Beach 2 Night Excursion

January 12-14

2 nights in the beach town of Varkala...

Enjoy an overnight get-away to another beach town just 90 km north of Kovalam. Tibetan handicrafts, local cuisine and the coffee temple are the sights to visit at this beautiful cliff and beach town.



COURSEWORK

for Final Certification

Option to complete in Chicago or in your hometown.

Thesis

Book a space at Moksha by **January 15, 2021**.

Additional Coursework Deadline...**March 1, 2021**

Includes completion of 1 private, 6 karma/community, book review homework, seva, and thesis.

Please plan on paying the \$100 extension fee to submit any work after this date.

Thesis Presentations (in Chicago, join by Skype)

March 17, 2021 - Sunday, 4-6pm

Speak about your thesis for 5-10 minutes.

Closing Circle Ceremony (in Chicago, join by Skype)

March 24, 2021 - Sunday, 4-6pm

Receive your certificate at this ceremony; wear an article of white, bring a poem or favorite sutra; and a sattvic dish to share for potluck.

Contact

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updated 3/5/20

