

Moksha Teacher Training

Kovalam Beach, Kerala, South India

February 7 – March 1, 2022



DATES

Feb 6, Sunday	Latest Arrival Date
Feb 7, Monday	First Day of Program
Mar 1, Tuesday	Last Day of Program
Mar 2, Wednesday	Departure



LOCATION

Kovalam Beach, Thiruvananthapuram
Kerala, South India



FACULTY & STAFF

Daren Friesen	Director & Teacher Trainer	Moksha Yoga Center
Vipin Raj	Managing Director	Sugham Bhavanthu Hospitalities
Dr. Unnikrishnan	Director & Ayurvedic Doctor	Agastya Heritage Ayurvedic Hospital

SCHEDULE

Note: schedule and prices subject to change

Feb 6, Sun

Sunrise 6:36am

Sunset 6:13pm

Arrival

Students must arrive in Kovalam Beach, Kerala by Feb 6th or earlier. We recommend you arrive 3-5 days earlier than the start date.

Feb 7, Mon

First Day of TT

Sunrise 6:36am

Sunset 6:13pm

Welcome, Opening & Orientation

8/8

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

8:00-10:00am

Yoga Practice Class

10:00-10:30am

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

Feb 8, Tue

Sunrise 6:37am

Sunset 6:14pm

Lesson #1 – Opening Poses

8/16

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

Feb 9, Wed

Sunrise 6:37am

Sunset 6:14pm

Lesson #2 – Breath Synchronized Movement

8/24

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

Feb 10, Thu

Sunrise 6:37am

Sunset 6:15pm

Lesson #3 – Surya Namaskar A

8/32

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



Feb 11, Fri**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

8/40**Feb 12, Sat****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.

**Feb 13, Sun****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
7:30-9:00pm	Evening Session

8/48**Feb 14, Mon****Sunrise 6:39am****Sunset 6:17pm****Lesson #6 – Standing Poses: Open Hip**

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

8/56**Feb 15, Tue****Sunrise 6:39am****Sunset 6:17pm****Lesson #7 – Standing Poses: Closed Hip**

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

8/64

Feb 16, Wed Sunrise 6:40am Sunset 6:18pm	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 Full Moon Ceremony	8/72
Feb 17, Thu Sunrise 6:40am Sunset 6:18pm New Moon 3:12am	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 [4:00-6:30pm Retreat #4 Orientation] 7:30-9:00pm Freetime	8/80
Feb 18, Fri Sunrise 6:40am Sunset 6:18pm	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 3:30-7:00pm Optional Ayurvedic Treatments 7:30-9:00pm Evening Session	8/88
Feb 19, Sat Sunrise 6:41am Sunset 6:19pm	Lesson #11 – Shoulder Openers 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	8/96
Feb 20, Sun Sunrise 6:41am Sunset 6:19pm	Lesson #12 – Shoulder Strengtheners 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	8/104



Feb 21, Mon**Sunrise 6:41am****Sunset 6:20pm****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.

**Feb 22, Tue****Sunrise 6:41am****Sunset 6:21pm****Lesson #13 – Hip Openers****8/112**

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**Feb 23, Wed****Sunrise 6:41am****Sunset 6:21pm****Lesson #14 – Twists****9/120**

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**Feb 24, Thu****Sunrise 6:42am****Sunset 6:2pm****Lesson #15 – Abs & Kriyas****8/128**

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**Feb 25, Fri****Sunrise 6:42am****Sunset 6:22pm****Lesson #16 – Forward Folds****8/134**

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

Feb 26, Sat Sunrise 6:42am Sunset 6:23pm	Lesson #17 – 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 7:30-9:00pm Freetime	5/142
Feb 27, Sun Sunrise 6:42am Sunset 6:23pm	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 Evening Session	8/150
Feb 28, Mon Sunrise 6:42am Sunset 6:24pm Full Moon 1:47pm	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 7:30-9:00pm Freetime	8/158
Mar 1, Tue Sunrise 6:43am Sunset 6:25pm	Lesson #20 – Closing Poses 7:00-7:50am Meditation 8:00-10:00am Round-Robin Practice Class 10:00-10:30am South India Breakfast 10:30am-2:00pm Teacher Training 2:00-6:00pm Freetime 6:00-7:30pm Closing Ceremony & Puja <i>Please wear an article of white representing sattvic intentions.</i> 7:30-9:00pm Traditional South India Thali Dinner	5/163
[End of Program 9pm]		Total Hours: 163

Mar 2, Wed
New Moon
Departure



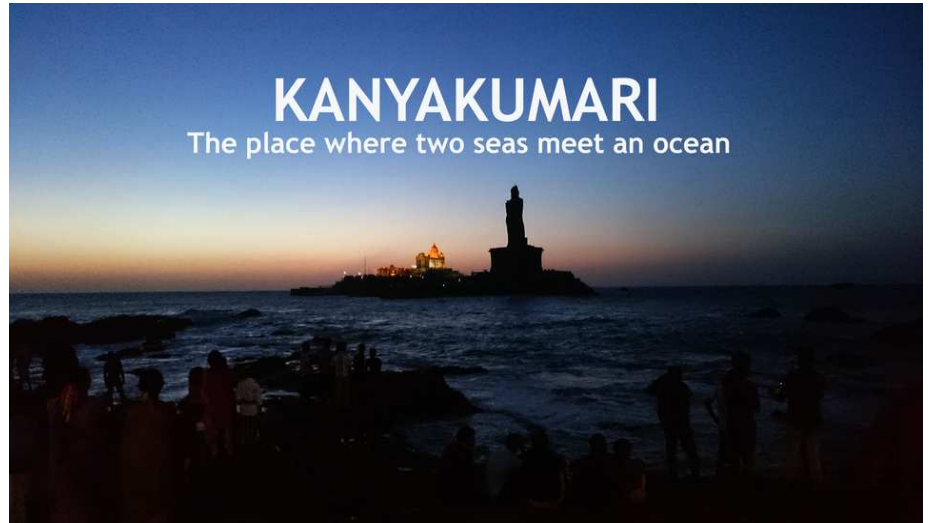
EXCURSIONS

Kanyakumari & Spice Shop Day Excursion

February 11th & 20th

Vivekananda Memorial & Kumari 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, then finish up with a holy dip in the ocean to wash all our sins away!



ADDITIONAL COURSEWORK FOR CERTIFICATION

Option to complete in Chicago or in your hometown.

Additional Coursework Deadline...June 1, 2022

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.

Closing Circle Ceremony (in Chicago)

June TBD, 2022

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 2/26/21

