

# MOKSHA YOGA

## Teacher Training, Yoga & Ayurveda, Holiday & Escape Kovalam Beach, Kerala, South India 2023

### *Daily Schedule - February 2023*

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**February 4, Saturday**

**Latest Arrival**

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*Important: Participants must arrive in Kovalam Beach, Kerala by Dec 31<sup>st</sup> or earlier. We recommend you arrive 3-4 days earlier than the start date to overcome jetlag.*

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**February 5, Sunday**

**Orientation & Welcome  
Opening Circle & Puja Ceremony**

**Sunrise 6:36am / Sunset 6:13pm**

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***Happy New Year!***

7:00-8:00am

Meditation & Pranayama

8:00-10:00am

Yoga Practice Class

10:00-11:00am

Opening Circle

11:00-11:30am

South Indian 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 *wear an article of white representing sattvic intentions*

7:30-9:00pm

**Satsang Dinner**

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**February 6, Monday**

**Opening - Sthira & Sukha**

**Sunrise 6:37am / Sunset 6:14pm**

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***Morning Program for All...***

7:00-8:00am

Meditation & Pranayama

8:00-10:00am

Yoga Practice Class

10:00-10:30am

South Indian Breakfast

10:30-11:30am

Yoga Talk

***Afternoon Programs for Training, Ayurveda, or Freetime...***

11:30am-6pm

Ayurvedic Treatments or **Freetime**

11:30am-3:30pm

Teacher Training: Lesson #01 | Opening Poses

1:00-1:15pm

Smoothie & Snack Break for Trainees

3:30pm

**Freetime** for Trainees

***Evening Programming...***

6:00-7:00pm

Sunset Dinner

7:30-8:30pm

## Evening Satsang

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### February 7, Tuesday

### Vinyasa – Breath Synchronized Movement **Sunrise 6:37am / Set 6:14pm**

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7:00-8:00am

Meditation & Pranayama

8:00-10:00am

Yoga Practice Class

10:00-10:30am

South Indian Breakfast

10:30-11:30am

Yoga Talk

11:30am-6pm

Ayurvedic Treatments or **Freetime**

11:30am-3:30pm

Teacher Training: Lesson #02 | Breath Synchronized Movement

1:00-1:15pm

Smoothie & Snack Break for Trainees

3:30pm

**Freetime** for Trainees

4:00-6:00pm

**Backwater Boat Cruise in Poovar**

6:00-7:00pm

Dinner in Poovar

7:30pm

**Open Evening**

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### February 8, Wednesday

### Surya Namaskar A

**Sunrise 6:37am / Sunset 6:15pm**

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7:00-8:00am

Meditation & Pranayama

8:00-10:00am

Yoga Practice Class

10:00-10:30am

South Indian Breakfast

10:30-11:30am

Yoga Talk

11:30am-6pm

Ayurvedic Treatments or **Freetime**

11:30am-3:30pm

Teacher Training: Lesson #03 | Surya Namaskar A

1:00-1:15pm

Smoothie & Snack Break for Trainees

3:30pm

**Freetime** for Trainees

6:00-7:00pm

Sunset Dinner

7:30-8:30pm

**Evening Satsang**

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### February 9, Thursday

### Surya Namaskar B

**Sunrise 6:38am / Sunset 6:15pm**

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7:00-8:00am

Meditation & Pranayama

8:00-10:00am

Yoga Practice Class

10:00-10:30am

South Indian Breakfast

10:30-11:30am

Yoga Talk

11:30am-6pm

Ayurvedic Treatments or **Freetime**

11:30am-3:30pm

Teacher Training: Lesson #04 | Surya Namaskar B

1:00-1:15pm

Smoothie & Snack Break for Trainees

3:30pm

**Freetime** for Trainees

6:00-7:00pm

Sunset Dinner

7:30-9:00pm

## Full Moon Ceremony

*Bring 2 poems to share with the group and your journal*

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### February 10, Friday

### Surya Namaskar C & D

Sunrise 6:38am / Sunset 6:16pm

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4:39am

Full Moon

7:00-8:00am

Meditation & Pranayama

8:00-10:00am

Yoga Practice Class

10:00-10:30am

South Indian Breakfast

10:30-11:30am

Yoga Talk

11:30am-6pm

Ayurvedic Treatments or **Freetime**

11:30am-3:30pm

Teacher Training: Lesson #05 – Surya Namaskar C & D

1:00-1:15pm

Smoothie & Snack Break for Trainees

3:30pm

**Freetime** for Trainees

6:00-7:00pm

Sunset Dinner

7:30pm

**Open Evening**

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### February 11, Saturday

### Open the Front/Inside/Up

Sunrise 6:39am / Sunset 6:17pm

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7:00-8:00am

*Meditation Practice Canceled*

8:00-10:00am

Yoga Practice Class

10:00-10:30am

South Indian Breakfast

10:30-11:30am

Yoga Talk

11:30am-6pm

Ayurvedic Treatments or **Freetime**

11:30am-3:30pm

Teacher Training: Lesson #06 | Open Hip Standing Poses

1:00-1:15pm

Smoothie & Snack Break for Trainees

3:30pm

**Freetime** for Trainees

4:00-6:00pm

**Cooking Class - South Indian Dishes**

6:00-7:00pm

Cooking Class Dinner

7:30pm

**Open Evening**

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### February 12, Sunday

### Open the Back/Outside/Down

Sunrise 6:39am / Sunset 6:17pm

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7:00-8:00am

Meditation & Pranayama

8:00-10:00am

Yoga Practice Class

10:00-10:30am

South Indian Breakfast

10:30-11:30am

Yoga Talk

11:30am-6pm

Ayurvedic Treatments or **Freetime**

11:30am-3:30pm

Teacher Training: Lesson #07 | Closed Hip Standing Poses

1:00-1:15pm Smoothie & Snack Break for Trainees  
3:30pm **Freetime** for Trainees

6:00-7:00pm Sunset Dinner  
7:30-8:30pm **Evening Satsang**

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**February 13, Monday****Revolve, Evolve & Spiral****Sunrise 6:40am / Sunset 6:18pm**

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7:00-8:00am Meditation & Pranayama  
8:00-10:00am Yoga Practice Class  
10:00-10:30am South Indian Breakfast  
10:30-11:30am Yoga Talk

11:30am-6pm Ayurvedic Treatments or **Freetime**  
11:30am-3:30pm Teacher Training: Lesson #08 | Twisting Hip Standing Poses  
1:00-1:15pm Smoothie & Snack Break for Trainees  
3:30pm **Freetime** for Trainees  
4:00-6:00pm **Trivandrum Museum Visit**  
6:00-7:00pm Sunset Dinner  
7:30pm **Open Evening**

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**February 14, Tuesday****Lengthen the Side****Sunrise 6:40am / Sunset 6:18pm**

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7:00-8:00am Meditation & Pranayama  
8:00-10:00am Yoga Practice Class  
10:00-10:30am South Indian Breakfast  
10:30-11:30am Yoga Talk

11:30am-6pm Ayurvedic Treatments or **Freetime**  
11:30am-3:30pm Teacher Training: Lesson #09 | Side Stretches  
1:00-1:15pm Smoothie & Snack Break for Trainees  
3:30pm **Freetime** for Trainees

6:00-7:00pm Sunset Dinner  
7:30-8:30pm **Evening Satsang**  
8:30pm Farewell to Retreat Participants  
*Checkout tomorrow on Jan 12 by noon*

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**February 15, Wednesday****Balancing****Sunrise 6:41am / Sunset 6:19pm**

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7:00-8:00am Meditation & Pranayama  
8:00-10:00am Yoga Practice Class  
10:00-10:30am South Indian Breakfast  
10:30-11:30am Yoga Talk

11:30am-6pm Ayurvedic Treatments or **Freetime**

11:30am-3:30pm  
1:00-1:15pm  
3:30pm

Teacher Training: Lessons #10 | Balancing  
Smoothie & Snack Break for Trainees  
**Freetime** for Trainees

6:00-7:00pm  
7:30-9:00pm

Sunset Dinner  
**Freetime**

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**February 16, Thursday**

**Shoulders**

**Sunrise 6:41am / Sunset 6:20pm**

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7:00-8:00am  
8:00-10:00am  
10:00-10:30am  
10:30-11:30am

Meditation & Pranayama  
Yoga Practice Class  
South Indian Breakfast  
Yoga Talk

11:30am-6pm  
11:30am-3:30pm  
1:00-1:15pm  
3:30pm

Ayurvedic Treatments or **Freetime**  
Teacher Training: Lessons #11/12 | Shoulders  
Smoothie & Snack Break for Trainees  
**Freetime** for Trainees

6:00-7:00pm  
7:30-9:00pm

Sunset Dinner  
**Evening TT Class - Shoulders**

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**February 17, Friday**

**Hip Openers**

**Sunrise 6:41am / Sunset 6:21pm**

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7:00-8:00am  
8:00-10:00am  
10:00-10:30am  
10:30-11:30am

Meditation & Pranayama  
Yoga Practice Class  
South Indian Breakfast  
Yoga Talk

11:30am-6pm  
11:30am-3:30pm  
1:00-1:15pm  
3:30pm

Ayurvedic Treatments or **Freetime**  
Teacher Training: Lesson #13 | Hip Openers  
Smoothie & Snack Break for Trainees  
**Freetime** for Trainees

6:00-7:00pm  
7:30-8:30pm

Sunset Dinner  
**Evening Satsang**

February 18, Saturday	Twists & Turns	Sunrise 6:41am / Sunset 6:21pm
7:00-8:00am 8:00-10:00am 10:00-10:30am 10:30-11:30am	Meditation & Pranayama Yoga Practice Class South Indian Breakfast Yoga Talk	
11:30am-6pm 11:30am-3:30pm 1:00-1:15pm 3:30pm	Ayurvedic Treatments or <b>Freetime</b> Teacher Training: Lesson #14   Twists Smoothie & Snack Break for Trainees <b>Freetime</b> for Trainees	
4:00-6:00pm 6:00-7:00pm 7:30pm	<b>Challah Bazaar</b> Dinner in Trivandrum <b>Open Evening</b>	
February 19, Sunday	Abdominals	Sunrise 6:42am / Sunset 6:22pm
7:00-8:00am 8:00-10:00am 10:00-10:30am 10:30-11:30am	Meditation & Pranayama Yoga Practice Class South Indian Breakfast Yoga Talk	
11:30am-6pm 11:30am-3:30pm 1:00-1:15pm 3:30pm	Ayurvedic Treatments or <b>Freetime</b> Teacher Training: Lesson #15   Abdominals Smoothie & Snack Break for Trainees <b>Freetime</b> for Trainees	
6:00-7:00pm 7:30-8:30pm	Sunset Dinner <b>Evening Satsang</b>	
February 20, Monday	Forward Folds	Sunrise 6:42am / Sunset 6:22pm
7:00-8:00am 8:00-10:00am 10:00-10:30am 10:30-11:30am	Meditation & Pranayama Yoga Practice Class South Indian Breakfast Yoga Talk	
11:30am-6pm 11:30am-3:30pm 1:00-1:15pm 3:30pm	Ayurvedic Treatments or <b>Freetime</b> Teacher Training: Forward Folds Smoothie & Snack Break <b>Freetime</b> for Trainees	
4:00-6:00pm 6:00-7:00pm	<b>Cooking Class - South Indian Dishes</b> Sunset Dinner	

7:30pm

## Open Evening

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**February 21, Tuesday**

**Baby Backbends**

**Sunrise 6:42am / Sunset 6:23pm**

7:00-8:00am

Meditation & Pranayama

8:00-10:00am

\*Round Robin Practice Class with Trainees

10:00-10:30am

South Indian Breakfast

10:30-11:30am

Yoga Talk

11:30am-6pm

Ayurvedic Treatments or **Freetime**

11:30am-3:30pm

Teacher Training: Lesson #17a | Baby Backbends

1:00-1:15pm

Smoothie & Snack Break for Trainees

3:30pm

**Freetime** for Trainees

6:00-7:00pm

Sunset Dinner

7:30pm

**Open Evening**

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**February 22, Wednesday**

**Jatayu Nature Center Day Trip**

**Sunrise 6:42am / Sunset 6:23pm**

6:00am

Depart by bus (no morning practice)

6:30-7:30pm

Return

7:30pm

**Freetime**

***Bring snacks 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.***

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**February 23, Thursday**

**Deep Backbends**

**Sunrise 6:42am / Sunset 6:24pm**

7:00-8:00am

*Meditation Class Canceled*

7:48am

**New Moon**

8:00-10:00am

Yoga Practice Class

10:00-10:30am

South Indian Breakfast

10:30-11:30am

Yoga Talk

11:30am-6pm

Ayurvedic Treatments or **Freetime**

11:30am-3:30pm

Teacher Training: Lesson #17b | Deep Backbends

1:00-1:15pm

Smoothie & Snack Break for Trainees

3:30pm

**Freetime** for Trainees

6:00-7:00pm

Sunset Dinner

7:30-9pm

**New Moon Ceremony**

*Bring 2 poems to share with the group and your journal*

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**February 24, Friday**

**Arm Balance on Your Arms**

**Sunrise 6:43am / Sunset 6:24pm**

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7:00-8:00am	Meditation & Pranayama
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South Indian Breakfast
10:30-11:30am	Yoga Talk
11:30am-6pm	Ayurvedic Treatments or <b>Freetime</b>
11:30am-3:30pm	Teacher Training: Lesson 19   Arm Balances
1:00-1:15pm	Smoothie & Snack Break for Trainees
3:30pm	<b>Freetime</b> for Trainees
6:00-7:00pm	Sunset Dinner
7:30-8:30pm	<b>Evening Satsang</b>

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### February 25, Saturday

### Go Upside Down

Sunrise 6:43am / Sunset 6:25pm

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7:00-8:00am	Meditation & Pranayama
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South Indian Breakfast
10:30-11:30am	Yoga Talk
11:30am-6pm	Ayurvedic Treatments or <b>Freetime</b>
11:30am-3:30pm	Teacher Training
1:00-1:15pm	Smoothie & Snack Break for Trainees
3:30pm	<b>Freetime</b> for Trainees
4:00-6:00pm	<b>Trivandrum Museum Visit</b>
6:00-7:00pm	Sunset Dinner
7:30pm	<b>Open Evening</b>

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### February 26, Sunday

### Closing Poses

Sunrise 6:43am / Sunset 6:25pm

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7:00-8:00am	Meditation & Pranayama
8:00-10:00am	Yoga Practice Class
10:00-10:30am	South Indian Breakfast
10:30-11:30am	Yoga Talk
11:30am-6pm	Ayurvedic Treatments or <b>Freetime</b>
11:30am-3:30pm	Teacher Training: Lesson #20   Closing Poses
1:00-1:15pm	Smoothie & Snack Break for Trainees
3:30pm	<b>Freetime</b> for Trainees
6:00-8:00pm	<b>Closing Ceremony &amp; South Indian Thali Dinner</b>



*Please wear an article of white representing sattvic intentions.*

**End of Program 8-9pm**

**Total TT Hours: 176**

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**February 27, Monday**

**Departure**

**Sunrise 6:43am / Sunset 6:25pm**

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8:00am

Depart for Mysore, Karnataka