

# MOKSHA YOGA

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

### *Daily Schedule - January 2023*

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**December 31, 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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**January 1, Sunday**                      **Orientation & Welcome**                      **Sunrise 6:36am / Sunset 6:13pm**  
**Opening Circle & Puja Ceremony**

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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    | <b>Freetime</b>   |
| 6:00-7:30pm    | Opening Ceremony & Puja <i>wear an article of white representing sattvic intentions</i> |
| 7:30-9:00pm    | <b>Satsang Dinner</b>   |

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**January 2, 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 <b>Freetime</b>      |
| 11:30am-3:30pm | Teacher Training: Lesson #01   Opening Poses |
| 1:00-1:15pm    | Smoothie & Snack Break for Trainees          |

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3:30pm **Freetime** for Trainees

**Evening Programming...**

6:00-7:00pm Sunset Dinner

7:30-8:30pm **Evening Satsang**

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**January 3, 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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**January 4, 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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**January 5, 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*

**January 6, Friday** **Surya Namaskar C & D** **Sunrise 6:38am / Sunset 6:16pm**

**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**

**January 7, Saturday** **Day Trip to Kanyakumari** **Sunrise 6:39am / Sunset 6:16pm**

6:00am Depart by bus (no morning practice)  
 12:00pm Lunch at rooftop restaurant  
 6:30-7:30pm Return to Kovalam  
 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.***

**January 8, Sunday** **Open the Front/Inside/Up** **Sunrise 6:39am / Sunset 6:17pm**

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**

**January 9, Monday** **Open the Back/Outside/Down** **Sunrise 6:39am / Sunset 6:17pm**

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**

**January 10, Tuesday** **Revolve, Evolve & Spiral** **Sunrise 6:40am / Sunset 6:18pm**

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**

**January 11, Wednesday** **Lengthen the Side** **Sunrise 6:40am / Sunset 6:18pm**

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 #09   Side Stretches                                  |
| 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>   |
| 8:30pm         | Farewell to Retreat Participants<br><i>Checkout tomorrow on Jan 12 by noon</i> |

**January 12, Thursday**      **2 Night Trip to Varkala Beach**      **Sunrise 6:40am / Sunset 6:19pm**

|             |  |
|-------------|--|
| 7:30-9:00am | Round-Robin Practice   |
| 9:00-9:30am | South Indian Breakfast   |
| 9:30am      | Depart by bus  |
| 11:30am     | Check-in at the Taj Hotel  |
| 12:00pm     | <b>Freetime</b> <i>Activities: pool lounging, beach, shopping, or Coffee Temple!</i> |
| 6:00-7:00pm | Sunset Dinner  |
| 7:30-8:30pm | <b>Evening Satsang</b>   |

**January 13, Friday**      **Balancing in Varkala Beach**      **Sunrise 6:41am / Sunset 6:19pm**

|                |  |
|----------------|--|
| 7:30-9:00am    | Yoga Practice Class  |
| 9:00-10:00am   | Breakfast Buffet   |
| 10:00am-1:00pm | Teacher Training: Lesson #10   Balancing Poses                                       |
| 1:00pm         | <b>Freetime</b> <i>Activities: pool lounging, beach, shopping, or Coffee Temple!</i> |
| 6:00pm         | Sunset Dinner & Dance Party  |

**January 14, Saturday**      **Review**      **Sunrise 6:41am / Sunset 6:20pm**

|                 |                                 |
|-----------------|---------------------------------|
| 7:30-9:00am     | Round-Robin Practice            |
| 9:00-10:00am    | Breakfast Buffet                |
| 10:00am-12:00pm | Freetime                        |
| 12:00pm         | Check-out and return to Kovalam |
| 3:00-6:00pm     | Teacher Training   Review       |

6:00pm

**Freetime**

6:00-7:00pm

Sunset Dinner

**7:00-8:30pm**

**Retreat #2 Orientation for New Participants**

**January 15, Sunday**

**Shoulders**

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

**Welcome new retreat participants!**

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: Lessons #11/12 | Shoulders

1:00-1:15pm

Smoothie & Snack Break for Trainees

3:30pm

**Freetime** for Trainees

6:00-7:00pm

Sunset Dinner

7:30-9:00pm

**Evening TT Class - Shoulders**

**January 16, Monday**

**Hip Openers**

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

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 #13 | Hip Openers

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**

| January 17, Tuesday   | Twists & Turns                            | Sunrise 6:41am / Sunset 6:21pm |
|-----------------------|---|--------------------------------|
| 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 #14   Twists     |                                |
| 1:00-1:15pm           | Smoothie & Snack Break for Trainees       |                                |
| 3:30pm                | <b>Freetime</b> for Trainees              |                                |
| 4:00-6:00pm           | <b>Challah Bazaar</b>                     |                                |
| 6:00-7:00pm           | Dinner in Trivandrum                      |                                |
| 7:30pm                | <b>Open Evening</b>                       |                                |
| January 18, Wednesday | Abdominals                                | Sunrise 6:42am / Sunset 6:22pm |
| 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 #15   Abdominals |                                |
| 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>                    |                                |
| January 19, Thursday  | Forward Folds                             | Sunrise 6:42am / Sunset 6:22pm |
| 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: Forward Folds           |                                |
| 1:00-1:15pm           | Smoothie & Snack Break                    |                                |
| 3:30pm                | <b>Freetime</b> for Trainees              |                                |

4:00-6:00pm  
6:00-7:00pm  
7:30pm

**Cooking Class - South Indian Dishes**  
Sunset Dinner  
**Open Evening**

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**January 20, Friday**

**Baby Backbends**

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

7:00-8:00am  
8:00-10:00am  
10:00-10:30am  
10:30-11:30am  
11:30am-6pm  
11:30am-3:30pm  
1:00-1:15pm  
3:30pm

Meditation & Pranayama  
\*Round Robin Practice Class with Trainees  
South Indian Breakfast  
Yoga Talk  
Ayurvedic Treatments or **Freetime**  
Teacher Training: Lesson #17a | Baby Backbends  
Smoothie & Snack Break for Trainees  
**Freetime** for Trainees

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

Sunset Dinner  
**Open Evening**

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**January 21, Saturday**

**Jatayu Nature Center Day Trip**

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

6:00am  
6:30-7:30pm  
7:30pm

Depart by bus (no morning practice)  
Return  
**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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**January 22, Sunday**

**Deep Backbends**

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

7:00-8:00am  
**7:48am**  
8:00-10:00am  
10:00-10:30am  
10:30-11:30am

*Meditation Class Canceled*  
**New Moon**  
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 #17b | Deep Backbends  
Smoothie & Snack Break for Trainees  
**Freetime** for Trainees



6:00-7:00pm

7:30-9pm

Sunset Dinner

**New Moon Ceremony**

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

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**January 23, Monday**

**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 **Freetime**

11:30am-3:30pm

Teacher Training: Lesson 19 | Arm Balances

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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**January 24, Tuesday**

**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 **Freetime**

11:30am-3:30pm

Teacher Training

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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**January 25, Wednesday**

**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 **Freetime**

11:30am-3:30pm

Teacher Training: Lesson #20 | Closing Poses

1:00-1:15pm

Smoothie & Snack Break for Trainees

3:30pm

**Freetime** for Trainees

6:00-8:00pm

**Closing Ceremony & South Indian Thali Dinner**

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

**End of Program 8-9pm**

**Total TT Hours: 176**

**January 26, Thursday**

**Freeday**

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

8:00-10:00am

Optional Mysore Practice

**January 27, Friday**

**Departure For South Indian Temple & Ashram Tour**

8:00am

Departure by bus