

MOKSHA YOGA

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

Daily Schedule - January 2023

December 31, Saturday

Latest Arrival

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

January 1, Sunday

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

Sunrise 6:36am / Sunset 6:13pm

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

January 2, Monday

Opening - Sthira & Sukha

Sunrise 6:37am / Sunset 6:14pm

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

Track 1: Ayurvedic Treatments or Track 2: **Freetime**

11:30am-3:30pm

Track 3: Teacher Training: Lesson #01 | Opening Poses

3:30pm

Freetime for Trainees

Evening Programming...

6:00-7:00pm

Sunset Dinner

7:30-8:30pm

Evening Satsang

January 3, Tuesday **Vinyasa – Breath Synchronized Movement** **Sunrise 6:37am / Set 6:14pm**

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
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**

January 4, Wednesday **Surya Namaskar A** **Sunrise 6:37am / Sunset 6:15pm**

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
3:30pm **Freetime** for Trainees

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

January 5, Thursday **Surya Namaskar B** **Sunrise 6:38am / Sunset 6:15pm**

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
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
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
3:30pm	Freetime for Trainees
4:00-6:00pm	Trivandrum Museum Visit
6:00-7:00pm	Sunset Dinner
7:30pm	Open Evening

January 10, Tuesday	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
3:30pm	Freetime for Trainees
6:00-7:00pm	Sunset Dinner
7:30-8:30pm	Evening Satsang
8:30pm	Farewell to Retreat Participants <i>Checkout tomorrow on Jan 11th by noon</i>

January 11, Wednesday	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
3:30pm	Freetime for Trainees
6:00-7:00pm	Sunset Dinner
7:30pm	Open Evening

January 12, Thursday	2 Night Trip to Varkala Beach	Sunrise 6:40am / Sunset 6:19pm
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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	Freetime <i>Activities: pool lounging, beach, shopping, or Coffee Temple!</i>
6:00-7:00pm	Sunset Dinner
7:30-8:30pm	Evening Satsang with Rashidat

January 13, Friday	Balancing <i>in Varkala Beach</i>	Sunrise 6:41am / Sunset 6:19pm
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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	Freetime <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
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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
6:00-7:00pm	Sunset Dinner
7:30pm	Open Evening

January 15, Sunday	Shoulders	Sunrise 6:41am / Sunset 6:20pm
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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: Lessons #11/12 Shoulders
3:30pm	Freetime for Trainees
6:00-7:00pm	Sunset Dinner
7:00-8:30pm	Retreat #2 Orientation for New Participants

January 16, Monday

Hip Openers

Sunrise 6:41am / Sunset 6:21pm

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: Lesson #13 Hip Openers
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 Freetime
11:30am-3:30pm	Teacher Training: Lesson #14 Twists
3:30pm	Freetime for Trainees
4:00-6:00pm	Challah Bazaar
6:00-7:00pm	Dinner in Trivandrum
7:30pm	Open Evening

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 Freetime
11:30am-3:30pm	Teacher Training: Lesson #15 Abdominals
3:30pm	Freetime for Trainees
6:00-7:00pm	Sunset Dinner
7:30-8:30pm	Evening Satsang

January 19, Thursday	Forward Folds	Sunrise 6:42am / Sunset 6:22pm
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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	
1:00-1:15pm	Smoothie & Snack Break	
3:30pm	Freetime for Trainees	
4:00-6:00pm	Cooking Class - South Indian Dishes	
6:00-7:00pm	Sunset Dinner	
7:30pm	Open Evening	

January 20, Friday	Baby Backbends	Sunrise 6:42am / Sunset 6:23pm
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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	
3:30pm	Freetime for Trainees	
6:00-7:00pm	Sunset Dinner	
7:30pm	Open Evening	

January 21, Saturday	Jatayu Nature Center Day Trip	Sunrise 6:42am / Sunset 6:23pm
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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.

January 22, Sunday	Deep Backbends	Sunrise 6:42am / Sunset 6:24pm
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7:00-8:00am	<i>Meditation Class Canceled</i>	
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
3:30pm	Freetime for Trainees
6:00-7:00pm	Sunset Dinner
7:30-9pm	New Moon Ceremony <i>Bring 2 poems to share with the group and your journal</i>

January 23, Monday

Arm Balance on Your Arms

Sunrise 6:43am / Sunset 6:24pm

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
3:30pm	Freetime for Trainees
6:00-7:00pm	Sunset Dinner
7:30-8:30pm	Evening Satsang

January 24, Tuesday

Go Upside Down

Sunrise 6:43am / Sunset 6:25pm

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
3:30pm	Freetime for Trainees
4:00-6:00pm	Trivandrum Museum Visit
6:00-7:00pm	Sunset Dinner
7:30pm	Open Evening

January 25, Wednesday

Closing Poses

Sunrise 6:43am / Sunset 6:25pm

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

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