

Moksha Yoga Center

200hr Foundation Teacher Training

Yoga Alliance Registered

Daily Schedule | India | Jan 2025

Date	Training Lesson	Evening Satsang	Adventure
Dec 31, Tue 6:40am / 6:13pm	Latest Arrival		<i>*Astanga Pranayama 5:30pm</i>
Jan 1, Wed 6:41am / 6:13pm	Lesson 00	Evening Satsang 6:30pm & New Moon Ceremony	Retreat #1 & TT Begins 8am Practice & Lecture 8am-12pm Tours 12-2pm Retreat Orientation 2-3pm TT Orientation 3-4:30pm Satsang Ceremony 6:30pm
Jan 2, Thu 6:42am / 6:14pm	Lesson 01 Opening Poses		<i>*Astanga Pranayama 5:30pm</i>
Jan 3, Fri 6:42am / 6:14pm	Lesson 02 Vinyasa Intro	Evening Satsang 6:30pm	
Jan 4, Sat 6:42am / 6:15pm	Lesson 03 Sun A		Shiva Temple 3pm
Jan 5, Sun 6:43am / 6:15pm	Lesson 04 Sun B	Evening Satsang 6:30pm	
Jan 6, Mon 6:43am / 6:16pm	Lesson 05 Sun C/D/X		Cooking Class 4pm
Jan 7, Tue 6:43am / 6:16pm	Lesson 06 Open Hip	Evening Satsang 6:30pm	<i>*Astanga Pranayama 5:30pm</i>
Jan 8, Wed 6:44am / 6:17pm	Lesson 07 Closed Hip		Trivandrum Museum 3pm
Jan 9, Thu 6:44am / 6:17pm	Lesson 08 Twisting Hip	Evening Satsang 6:30pm	<i>*Astanga Pranayama 5:30pm</i>
Jan 10, Fri 6:4am / 6:18pm	Lesson 09 Side Stretches		

Date	Teacher Training	Evening Satsang	Adventure & Notes
Jan 11, Sat 6:45am / 6:18pm	Off		Kanyakumari Day Trip 6:30am
Jan 12, Sun 6:45am / 6:19pm	Lesson 10 Balancing		Retreat #1 Morning Departure <i>*No morning meditation / class starts 8am</i>
Jan 13, Mon 6:45am / 6:19pm	Lesson 11 Shoulders 1	Retreat #2 Orientation 6:30pm	
Jan 14, Tue 6:45am / 6:20pm	Lesson 12 Shoulders 2	Evening Satsang 6:30pm & Full Moon Ceremony	Retreat #2 Begins <i>*Astanga Pranayama 5:30pm</i>
Jan 15, Wed 6:45am / 6:20pm	Lesson 13 Hip Openers		Ancient Bazaar & Modern Bookstore 3pm
Jan 16, Thu 6:46am / 6:21pm	Lesson 14 Seated Twists	Evening Satsang 6:30pm	<i>*Astanga Pranayama 5:30pm</i>
Jan 17, Fri 6:46am / 6:21pm	Lesson 15 Abdominals		
Jan 18, Sat 6:46am / 6:22pm	Off		Jataya Eagle Rock Excursion 8am
Jan 19, Sun 6:46am / 6:22pm	Lesson 16 Forward Folds	Evening Satsang 6:30pm	<i>*No morning meditation / class starts 8am</i>
Jan 20, Mon 6:46am / 6:23pm	Lesson 17 Backbends		Cooking Class 4pm
Jan 21, Tue 6:46am / 6:23pm	Lesson 18 Arm Balances	Evening Satsang 6:30pm	<i>*Astanga Pranayama 5:30pm</i>
Jan 22, Wed 6:46am / 6:24pm	Lesson 19 Inversions		Trivandrum Museum 3pm
Jan 23, Thu 6:47am / 6:24pm	Lesson 20 Closing Poses		<i>*Astanga Pranayama 5:30pm</i>
Jan 24, Fri 6:47am / 6:25pm	Round Robin & Teaching Skills	Thali Dinner & Retreat Farewell 6:30pm	
Jan 25, Sat 6:47am / 6:25pm	Round Robin & Teaching Skills	TT Closing Circle 2-3pm	Retreat #2 Morning Departure Check-out 11am
Jan 26, Sun		Free Day	TT Morning Departure 11am
Jan 27, Mon		Tour Departure	Ashram & Temple Adventure

** Schedule subject to change; adventures/excursions extra charge; add'l night extra charge*