| | week 1 | | week 2 | | week 3 | | week 4 | | week 5 | |
|---|---|---|---|---|---|---|---|---|---|---|
| Term 1 | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed |
| day | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7.00-9.00 | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class |
| | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation |
| 9.00-9.15 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 9.15-10.45 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 10.45-11.00 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 11.00-12.30 | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic |
| 12.30-1.00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1.00-2.30 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 2.30-2.45 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 2.45-4.15 | Teach a yoga class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class |

| | week 6 | | week 7 | | week 8 | | week 9 | | week 10 | |
|---|---|---|---|---|---|---|---|---|---|---|
| Term 1 | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed |
| day | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 7.00-9.00 | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class |
| | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation |
| 9.00-9.15 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 9.15-10.45 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 10.45-11.00 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 11.00-12.30 | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic |
| 12.30-1.00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1.00-2.30 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 2.30-2.45 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 2.45-4.15 | Teach a yoga class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class |

| | week 11 | | week 12 | | week 13 | | week 14 | | week 15 | |
|---|---|---|---|---|---|---|---|---|---|---|
| Term 2 | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed |
| day | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 7.00-9.00 | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class |
| | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation |
| 9.00-9.15 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 9.15-10.45 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 10.45-11.00 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 11.00-12.30 | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic |
| 12.30-1.00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1.00-2.30 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 2.30-2.45 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 2.45-4.15 | Teach a yoga class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class |

| | week 16 | | week 17 | | week 18 | | week 19 | | week 20 | |
|---|---|---|---|---|---|---|---|---|---|---|
| Term 2 | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed |
| day | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
| 7.00-9.00 | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class |
| | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation |
| 9.00-9.15 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 9.15-10.45 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 10.45-11.00 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 11.00-12.30 | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic |
| 12.30-1.00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1.00-2.30 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 2.30-2.45 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 2.45-4.15 | Teach a yoga class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class |

| | week 21 | | week 22 | | week 23 | | week 24 | | week 25 | |
|---|---|---|---|---|---|---|---|---|---|---|
| Term 3 | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed |
| day | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| 7.00-9.00 | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class |
| | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation |
| 9.00-9.15 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 9.15-10.45 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 10.45-11.00 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 11.00-12.30 | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic |
| 12.30-1.00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1.00-2.30 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 2.30-2.45 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 2.45-4.15 | Teach a yoga class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class |

| | week 26 | | week 27 | | week 28 | | week 29 | | week 30 | |
|---|---|---|---|---|---|---|---|---|---|---|
| Term 3 | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed |
| day | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 |
| 7.00-9.00 | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class |
| | AHIMSA | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation |
| 9.00-9.15 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 9.15-10.45 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 10.45-11.00 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 11.00-12.30 | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic |
| 12.30-1.00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1.00-2.30 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 2.30-2.45 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 2.45-4.15 | Teach a yoga class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class |

| | week 31 | | week 32 | | week 33 | | week 34 | | week 35 | |
|---|---|---|---|---|---|---|---|---|---|---|
| Term 4 | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed |
| day | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| 7.00-9.00 | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class |
| | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation |
| 9.00-9.15 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 9.15-10.45 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 10.45-11.00 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 11.00-12.30 | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic |
| 12.30-1.00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1.00-2.30 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 2.30-2.45 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 2.45-4.15 | Teach a yoga class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class |

| | week 36 | | week 37 | | week 38 | | week 39 | | week 40 | |
|---|---|---|---|---|---|---|---|---|---|---|
| Term 4 | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed | Tue | Wed |
| day | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 |
| 7.00-9.00 | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class | Attend an Asana class |
| | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation | Pranayama + Meditation |
| 9.00-9.15 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 9.15-10.45 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 10.45-11.00 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 11.00-12.30 | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic | Asana clinic |
| 12.30-1.00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1.00-2.30 | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy | Theory + philosophy |
| 2.30-2.45 | Break | Break | Break | Break | Break | Break | Break | Break | Break | Break |
| 2.45-4.15 | Teach a yoga class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class | Restorative Class |