	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	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an
7.00-9.00	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class
	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +
	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	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 20	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +
1.00-2.30	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	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								

	week 6		week 7		week 8		week 9		week 10	
Term 1	Tue	Wed								
day	11	12	13	14	15	16	17	18	19	20
7.00-9.00	Attend an									
7.00-9.00	Asana class									
	Pranayama +									
	Meditation									
9.00-9.15	Break									
9.15-10.45	Theory +									
9.10-10.40	philosophy									
10.45-11.00	Break									
11.00-12.30	Asana clinic									
12.30-1.00	Lunch									
1.00-2.30	Theory +									
1.00-2.30	philosophy									
2.30-2.45	Break									
2.45-4.15	Teach a yoga	Restorative								
2.40-4.10	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	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an
7.00-9.00	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class
	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +
	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
9.00-9.15	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break
9.15-10.45	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +
9.10-10.40	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	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								

	week 16		week 17		week 18		week 19		week 20	
Term 2	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									
9.00-9.15	Break									
9.15-10.45	Theory + philosophy									
10.45-11.00	Break									
11.00-12.30	Asana clinic									
12.30-1.00	Lunch									
1.00-2.30	Theory + philosophy									
2.30-2.45	Break									
2.45-4.15	Teach a yoga class	Restorative Class								

	week 21		week 22		week 23		week 24		week 25	
Term 3	Tue	Wed								
day	41	42	43	44	45	46	47	48	49	50
7.00-9.00	Attend an									
7.00 3.00	Asana class									
	Pranayama +									
	Meditation									
9.00-9.15	Break									
9.15-10.45	Theory +									
9.10-10.43	philosophy									
10.45-11.00	Break									
11.00-12.30	Asana clinic									
12.30-1.00	Lunch									
1.00-2.30	Theory +									
1.00-2.30	philosophy									
2.30-2.45	Break									
2.45-4.15	Teach a yoga	Restorative								
2.40 4.10	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	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an
7.00-9.00	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class
	AHIMSA	Pranayama +								
	Aniwsa	Meditation								
9.00-9.15	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break
9.15-10.45	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +
9.10-10.40	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	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 +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +
1.00-2.50	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	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								

	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	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an	Attend an
7.00-9.00	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class	Asana class
	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +	Pranayama +
	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
9.00-9.15	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break
9.15-10.45	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +
9.10-10.40	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	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 +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +	Theory +
1.00 2.00	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy	philosophy
2.30-2.45	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break
2.45-4.15	Teach a yoga	Restorative Class								
	class	Ciass								

_	week 36		week 37		week 38		week 39		week 40	
Term 4	Tue	Wed								
day	71	72	73	74	75	76	77	78	79	80
7.00-9.00	Attend an									
7.00-9.00	Asana class									
	Pranayama +									
	Meditation									
9.00-9.15	Break									
9.15-10.45	Theory +									
9.13-10.43	philosophy									
10.45-11.00	Break									
11.00-12.30	Asana clinic									
12.30-1.00	Lunch									
1.00-2.30	Theory +									
1.00-2.30	philosophy									
2.30-2.45	Break									
2.45-4.15	Teach a yoga	Restorative								
2.70 7.10	class									