

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00 – 8:00	Meditation/Pranayama Lindsay	Meditation/Pranayama Lindsay	Meditation/Pranayama Lindsay	Meditation/Pranayama Lindsay	Meditation/Pranayama Lindsay	Meditation/Pranayama Lindsay
08:00 – 9:30	Vinyasa Lindsay	Aerial Yoga Lindsay	Vinyasa Lindsay	Aerial Yoga Lindsay	Vinyasa Lindsay	Aerial Yoga Lindsay
9:30-11:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
11:00 – 13:00	Yoga History 1 Lindsay	Anatomy 1 Lindsay	Yoga History 2 Lindsay	Anatomy 2 Lindsay	Yoga History 3 Lindsay	Anatomy 3 Lindsay
13:00 -15:00	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time
15:00 – 17:30	The Art of Teaching + The 4 tools of teaching Lindsay	Sun Salutation Practice Teaching Lindsay	Sun Salutation Practice Teaching Lindsay	Practice Teaching Lindsay	Asana Lab: Forward Bends/Hip Openers Lindsay	Asana Lab: Backbends Lindsay
17:30 – 18:30	Sun Salutation A Lindsay	Sun Salutation B Lindsay	Asana Lab: Standing Asanas Lindsay	Asana Lab: Standing Balance Lindsay	Practice Teaching	Hands-on Adjustments 1
18:30 – 19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:30 - 21:00		Movie Night Lindsay		Evening Activity: Journaling Lindsay	Business of Yoga Lindsay	

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00 – 8:00	Meditation/Pranayama Lindsay	Meditation/Pranayama Lindsay	Meditation/Pranayama Lindsay	Meditation/Pranayama Lindsay	Meditation/Pranayama Lindsay	Meditation/Pranayama Lindsay
08:00- 9:30	Vinyasa Lindsay	Aerial Yoga Lindsay	Vinyasa Lindsay	Aerial Yoga Lindsay	Vinyasa Lindsay	Aerial Yoga Lindsay
9:30 – 11:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
11:00 – 13:00	Anatomy 4 Lindsay	Chakras 1 Lindsay	Anatomy 5 Lindsay	Chakras 2 Lindsay	Pranayama Lindsay	Bandhas Lindsay
13:00 – 15:00	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time
15:00 - 17:30	Asana Lab: Twists Lindsay	Asana Lab: Core + Arm Balances Lindsay	Asana Lab: Inversions Lindsay	Asana Lab: Restorative Postures Lindsay	Aerial Asana 1 Lindsay	Aerial Asana 2 Lindsay
17:30 – 18:30	Practice Teaching Lindsay	Practice Teaching Lindsay	Hands-on Adjustments 2 Lindsay	Practice Teaching Lindsay	Practice Teaching Lindsay	The Art of Sequencing Lindsay
18:30 – 19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:30 - 21:00		Movie Night Lindsay		Kirtan Lindsay	Business of Yoga Lindsay	

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00 – 8:00	Meditation/Pranayama Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay
08:00- 9:30	Vinyasa Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay
9:30- 11:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
11:00 – 13:00	Philosophy Lindsay	Philosophy Lindsay	Philosophy Lindsay	Ayurveda Lindsay	Mantra + Mudra Lindsay	Written Exam Lindsay
13:00- 15:00	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time	Lunch / Free Time
15:00 - 17:30	Aerial Asana 3 Lindsay	Student Teaching Exams	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay
17:30 – 18:30	Practice Teaching	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay	Student Teaching Exams Lindsay
18:30 – 19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:30 - 21:00	The Language of Yoga Lindsay				Business of Yoga Lindsay	