

YOGA ILLUMINED TEACHER TRAINING – SPI, LAGUNA MADRE YOGA

Sunday	Monday	Tuesday	Wednesday
March 15	March 16	March 17	March 18
8:30 – 10 am Advanced Vinyasa Flow	7-8:30 am Meditation on the Beach		7-8:30 am Sunrise Yoga on the Beach
	9-10 am Gentle Yoga at Laguna Madre	9-10 am Hatha at Laguna Madre	9-10 am Gentle Yoga at Laguna Madre
10-11:30 – How to teach and practice Restorative Yoga	10-12 pm SuperHero Yoga - Siddha	10:30-11:30 Anatomy of the Spine	10:30 – 12 Yoga & Surf – Beach
11:30-12:30 Lunch	12-1 Lunch	11:30 – 1 pm Lunch	12- 1 – Lunch
12:30-3:30 pm Yoga and Surf	1-3 pm Sun Teachers Practicum	1-3:30 pm Nada Yoga	1-3 pm Final Presentation
3:30-4:30 pm Teachers Practicum – Laguna Madre	3-5:30 Yoga and Surf - Beach	3:30- 5:30 Yoga Sutras	3-5 pm Meditation, Sankalpa, Intention - setting
4:30-6:30 pm Sanskrit and Yoga Sutras, 8-Limbs of Yoga	5:30 – 6:30 pm Beginners	5:30 – 6:30 Hatha Level II	5:30 – 6:30 pm Hatha 1
		6:30 – 8:30 Yogic Dinner	
Total = 10 Hours	Total = 10 Hours	Total = 10 Hours	Total = 10 Hours

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