



TRAINING FORMAT FOR THIS PROGRAM

The training will be delivered over 12 months with 3 months off offering considered flexibility to accommodate work and other personal commitments, and to allow a natural integration of the knowledge and practice into natural life.

[CLICK HERE](#) for the Training Calendar

Start date:

28.01.2019 – students must have their 1st personal Consultation completed by this date. Consultation dates are open from 7th January 2019

Completion date:

09.12.2019 – students are to have submitted and completed all assessments by this date to complete and graduate from the course.

PROGRAM STRUCTURE

Quarterly:

4 x Private 2hr Coaching / Mentoring sessions

4 x 3HR Seasonal Ayurveda Masterclasses for the Season in Group

4 x Submission per quarter of Personal Practice Log and Journals

Monthly:

10 x Monthly Online Calls for Lifestyle and Practice Q&A

12 x Technical Workshop

10 x specific Weekend Intensives for theory, learning and practice:

Daily:

Home study

Self Practices + Journal

Self Assessment

Daily Group Yoga Classes

Assigned times to work with Peers / Accountability Buddies (upon request)

Assigned times to practice teaching Yoga