



HIMALAYAN  
INSTITUTE®

## 500-Hour Yoga Teacher Certification Spring Segment

*Advanced Teaching Methods*  
*Exploring the Heart of Yoga Technique and Philosophy*

with **Himalayan Institute Faculty**

**June 1-27, 2020**  
**Online Zoom Sessions**

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### Monday, June 1

10:00 a.m.–11:30 a.m.	<b>Asana and Meditation Class</b>
2:00–4:00 p.m.	<b>Advanced Teaching Methods and Program Opening</b>
7:00–9:00 p.m.	<b>Introduction to the Himalayan Tradition</b>

### Tuesday, June 2

**No Sessions**

### Wednesday, June 3

10:00 a.m.–12:00 p.m.	<b>Advanced Teaching Methods</b>
2:00–3:30 p.m.	<b>Breathing, Relaxation, and Meditation</b>
7:00–8:00 p.m.	<b>Sanskrit</b>

### Thursday, June 4

10:00 a.m.–11:30 a.m.	<b>Asana and Meditation Class</b>
7:00–9:00 p.m.	<b>Sankhya Philosophy</b>
<b>1-hour of independent Teaching Method Group work</b>	

### Friday, June 5

**No Sessions**



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**Saturday, June 6**

10:00 a.m.–12:00 p.m.	<b>Advanced Teaching Methods</b>
2:00–3:30 p.m.	<b>Breathing, Relaxation, and Meditation</b>
7:00–8:00 p.m.	<b>Sanskrit</b>

**Sunday, June 7**

10:00 a.m.–11:30 a.m.	<b>Asana and Meditation Class</b>
7:00–9:00 p.m.	<b>Yoga Sutra</b>
<b>1-hour of independent Teaching Method Group work</b>	

**Monday, June 8**

10:00 a.m. –12:00 p.m.	<b>Advanced Teaching Methods</b>
2:00–3:30 p.m.	<b>Breathing, Relaxation, and Meditation</b>
7:00–8:00 p.m.	<b>Sanskrit</b>

**Tuesday, June 9**

**No Sessions**

**Wednesday, June 10**

10:00 a.m.–11:30 a.m.	<b>Asana and Meditation Class</b>
7:00–9:00 p.m.	<b>Yoga Sutra</b>
<b>1-hour of independent Teaching Method Group work</b>	



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**Thursday, June 11**

10:00 a.m. –12:00 p.m.	<b>Advanced Teaching Methods</b>
2:00–3:30 p.m.	<b>Breathing, Relaxation, and Meditation</b>
7:00–8:00 p.m.	<b>Sanskrit</b>

**Friday, June 12**

**No Sessions**

**Saturday, June 13**

10:00 a.m.–11:30 a.m.	<b>Asana and Meditation Class</b>
7:00–9:00 p.m.	<b>Yoga Sutra</b>
<b>1-hour of independent Teaching Method Group work</b>	

**Sunday, June 14**

10:00 a.m.–12:00 p.m.	<b>Advanced Teaching Methods</b>
2:00–3:30 p.m.	<b>Breathing, Relaxation, and Meditation</b>
7:00–8:00 p.m.	<b>Sanskrit</b>

**Monday, June 15**

10:00 a.m.–11:30 a.m.	<b>Asana and Meditation Class</b>
7:00–9:00 p.m.	<b>Yoga Sutra</b>
<b>1-hour of independent Teaching Method Group work</b>	



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**Tuesday, June 16**

**No Sessions**

**Wednesday, June 17**

10:00 a.m. –12:00 p.m.

**Advanced Teaching Methods**

2:00–3:30 p.m.

**Breathing, Relaxation, and Meditation**

7:00–8:00 p.m.

**Sanskrit**

**Thursday, June 18**

10:00 a.m.–11:30 a.m.

**Asana and Meditation Class**

7:00–9:00 p.m.

**Yoga Sutra**

**1-hour of independent Teaching Method Group work**

**Friday, June 19**

**No Sessions**

**Saturday, June 20**

10:00 a.m. –12:00 p.m.

**Advanced Teaching Methods**

2:00–3:30 p.m.

**Breathing, Relaxation, and Meditation**

7:00–8:00 p.m.

**Sanskrit**

**Sunday, June 21**

10:00 a.m.–11:30 a.m.

**Asana and Meditation Class**

7:00–9:00 p.m.

**Yoga Sutra**

**1-hour of independent Teaching Method Group work**



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**Monday, June 22**

10:00 a.m. –12:00 p.m.      **Advanced Teaching Methods**  
2:00–3:30 p.m.              **Breathing, Relaxation, and Meditation**  
7:00–8:00 p.m.              **Sanskrit**

**Tuesday, June 23**              **No Sessions**

**Wednesday, June 24**

10:00 a.m–11:30 a.m.      **Asana and Meditation Class**  
7:00–9:00 p.m.              **Yoga Sutra**  
**1-hour of independent Teaching Method Group work**

**Thursday, June 25**

10:00 a.m–11:30 a.m.      **Asana and Meditation Class**  
2:00–3:30 p.m.              **Breathing, Relaxation, and Meditation**

**Friday, June 26**              **No Sessions**

**Saturday, June 27**

10:00 a.m–12:00 p.m.      **Advanced Teaching Methods and Program Closing**