



HIMALAYAN
INSTITUTE®

300-Hour Yoga Teacher Certification Program Fall Segment

The Art of Teaching Yoga for Health and Balance:
Deeper Physical and Psychological Strategies

with **Himalayan Institute Faculty**

October 4-20, 2021

Online Zoom Sessions

All times are Eastern Time

Monday, October 4

10:00 a.m.–11:30 a.m.

Asana and Meditation Class

ON DEMAND

The Himalayan Institute's Approach to Yoga

ON DEMAND

Introduction to the Himalayan Tradition

Tuesday, October 5

No Sessions

Wednesday, October 6

10:00 a.m.–12:00 p.m.

Breathing, Relaxation, and Meditation

1-hour of Guided or Independent Group Work

Thursday, October 7

10:00 a.m.–11:30 a.m.

Asana and Meditation Class

2:00–4:00 p.m.

Agni Sara Essentials

7:00–9:00 p.m.

Foundations of Health

Friday, October 8

No Sessions



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Saturday, October 9

- 10:00 a.m.–12:00 p.m. **Common Structural Problems: Low Back and Hips**
2:00–4:00 p.m. **Asana Support: Low Back and Hips**
7:00–9:00 p.m. **The Yogic Perspective on Pain**

Sunday, October 10

- 10:00 a.m.–11:30 a.m. **Asana and Meditation Class**
7:00–9:00 p.m. **Ayurveda for Health and Balance**
1-hour of Guided or Independent Group Work

Monday, October 11

- 10:00 a.m. –12:00 p.m. **Common Structural Problems: Lower Extremities**
2:00–4:00 p.m. **Asana Support: Lower Extremities**
4:30–5:30 **Chat and Chai**

Tuesday, October 12 **No Sessions**

Wednesday, October 13

- 10:00 a.m.–11:30 a.m. **Asana and Meditation Class**
2:00–4:00 p.m. **Introduction to Sanskrit**
1-hour of Guided or Independent Group Work

Thursday, October 14

- 10:00 a.m. –12:00 p.m. **Common Structural Problems: Neck and Shoulders**
2:00–4:00 p.m. **Asana Support: Neck and Shoulders**



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7:00-9:00 p.m. **Stress Mastery**

Friday, October 15 **No Sessions**

Saturday, October 16

10:00 a.m.–11:30 a.m. **Asana and Meditation Class**

2:00-4:00 **Yogic Cleansing and Nourishing**

7:00–9:00 p.m. **The Four Noble Truths**

Sunday, October 17

10:00 a.m.–12:00 p.m. **Common Structural Problems: Bones and Joints**

2:00–4:00 p.m. **Asana Support: Bones and Joints**

7:00–8:30 p.m. **Self-Directed Neuroplasticity**

Monday, October 18

10:00 a.m.–11:30 a.m. **Asana and Meditation Class**

2:00–4:00 p.m. **Movement as Medicine for Physical and Emotional Pain**

5:00-6:00 **Chat and Chai**

1-hour of Guided or Independent Group Work

Tuesday, October 19 **No Sessions**

Wednesday, October 20

10:00 a.m. –12:00 p.m. **Digestion**



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2:00–4:00 p.m. **Asana Support: Digestion**

1-hour of Guided or Independent Group Work

Thursday, October 21

10:00 a.m.–11:30 a.m. **Asana and Meditation Class**

2:00–3:30 p.m. **Sanskrit Practice**

7:00–9:00 p.m. **Satsang**

Friday, October 22 **No Sessions**

Saturday, October 23

10:00 a.m. –12:00 p.m. **Heart Health**

2:00–4:00 p.m. **Asana Support: Heart Health**

7:00–9:00 p.m. **The Kleshas, Your Neuroanatomy and Yoga Practice**

Sunday, October 24

10:00 a.m.–11:30 a.m. **Asana and Meditation Class**

7:00–8:30 p.m. **Sanskrit Practice**

1-hour of Guided or Independent Group Work

Monday, October 25

10:00 a.m. –12:00 p.m. **Vata Pacification and Management**

2:00–3:00 p.m. **Chat and Chai**

Tuesday, October 26 **No Sessions**



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Wednesday, October 27

10:00 a.m–11:30 a.m. **Asana and Meditation Class**

2:00–4:00 p.m. **Beyond the Tyranny of Attachment, Aversion, and Ego**

1-hour of Guided or Independent Group Work

Thursday, October 28

10:00 a.m–11:30 a.m. **Asana and Meditation Class**

2:00–4:00 p.m. **Using Ayurveda in the Yoga Classroom**

5:00–6:00 **Chat and Chai**

Friday, October 29 No Sessions

Saturday, October 30

10:00 a.m–12:00 p.m. **Program Integration and Closing**

This is a sample schedule and subject to change.