

12.00 - 1.30	Welcome - Course Overview and Introductions, handing out manuals, dvds, log books, organizing course administration, etc.
1.30 - 2.25	Seasonal Yoga Practice
2.25 - 2.45	Led practice of full yoga breath and meditation (pauses)
2.45 - 3.15	Break
3.15 - 3.45	Lecture 1 - Ethics of Being a Yoga Student, including signing of the form
3.45 - 4.15	Lecture 2 - Introduction to Seasonal Yoga
4.15 - 5.15	Posture Workshop - intro and basic poses
5.15 - 5.45	Break
5.45 - 6.30	Introduction to meridians and short practice to exemplify
6.30 - 7.00	Yoga Nidra from manual, led by teacher
Sunday 8 hours (8-4.30pm)	
8.00 - 9.30	Asana Practice (Ashtanga Primary Series is recommended)
9.30 - 10.00	Breathing practice - Introduction of the Full Yoga Breath
10.00 - 10.30	Meditation - importance of meditation, finding a comfortable seated posture, and practice (pauses)
10.30 - 11.00	Breakfast
11.00 - 12.00	Lecture 3 - Yoga Nidra
12.00 - 1.00	Homework Discussion
1.00 - 1.45	Lunch
1.45 - 2.15	Anatomy- introduction to David Keil Yoganatomy

2.15 - 2.45	Yoga Nidra from manual, led by student
2.45 - 3.45	Posture Workshop
3.45 - 4.25	Relevant Practice to Confirm Learnings on the Module
4.25 - 4.30	Weekend Closing