

**Moksha Teacher Training  
India 200hr Foundation Program  
January 1-24, 2018**



***Kovalam Beach, Kerala, South India***

*UPDATED 02/08/17*

*presented by...*

**Moksha Yoga Teacher Training  
Sugham Bhavanthu Hospitalities  
Agastya Heritage Ayurveda**

***Lokha Samastha Sukhino Bhavanthu***

**DATES & LOCATION**

Dec 31, Sunday Latest Arrival Date (better to arrive 2-3 days before the start of the program)  
Jan 1, Monday First Day of Program  
Jan 24, Wednesday Last Day of Program (24 days total)

**Location** *Kovalam Beach, Trivandrum (the ancient name is Thiruvananthapuram)  
Kerala, South India*

**FACULTY & STAFF**

Daren Friesen	Director & Teacher Trainer	Moksha & Sugham Bhavanthu
Vipin Raj	Managing Director	Sugham Bhavanthu
Mahesh Mulloor	Hospitality Manager	Sugham Bhavanthu
Dr. Unnikrishnan	Director & Ayurvedic Doctor	Agastya Heritage

*Supporting Staff (based on availability)...*

Mary Wolters	Prana Vinyasa Flow, Thai Massage	Green Yoga Spa / Living Yoga
Marjorie Fradin	Yoga Teacher, Somatics	Moksha Yoga Center
Aghora Virya Das	Bhakti Yoga Teacher	ISKCON

**OPTIONAL EXCURSIONS**

**\*extra fee**

**Kanyakumari & Spice Shop Excursion**

Jan 6, Saturday Day Trip to the Southern Tip of India - Vivekananda Memorial & Kumari Temple

**Mulloor Excursion**

Jan 9, Tuesday Evening Trip to Beach, Temple & Home-cooked Dinner

**Varkala Beach Overnight Excursion**

Jan 13, Friday Depart Kovalam  
Jan 14, Saturday Return to Kovalam (1 night)

**South India Temple & Ashram Tour**

Jan 26, Friday Depart Kovalam  
Feb 1, Wednesday Return to Kovalam (7 nights)

**SCHEDULE***Note: schedule and excursion prices subject to change***Dec 31, Sun****Arrival: students must arrive in Kovalam Beach by Sun, Dec 31<sup>st</sup>!****Optional New Year's Eve Gathering at Surya Villa**9pm-12:30am *Light snacks, no alcohol, & fireworks at midnight***Jan 1, Mon***Happy New Year!***Sunrise 6:37am****Sunset 6:15pm****Full Moon****Day #1***Everyone is requested to wear an article of white representing sattvic intentions.*

8-10am

10-10:30am

10:30-11:30am

11:30am-12:30pm

1:30-2pm

2-4pm

6-7pm

7-8pm

**Welcome, Opening & Orientation @Surya Villa****5/5**

Practice (2hrs)

South India Breakfast

**Opening Circle (1hr)****India & TT Orientation (1hr)**

Smoothie Break

Agastya Heritage Ayurvedic Center Tour *with Dr. Unni***Opening Ceremony & Puja (1hr)** *with Anish*Traditional South India Thali Dinner *at Surya Villa***Jan 2, Tue****Sunrise 6:37am****Sunset 6:15pm****Day #2**

6:30-7:30am

7:30-9:30am

9:30-10am

10-11am

11am-3:30pm

1-1:30pm

4-7pm

**Lesson #1**

Optional Meditation (1hr)

Yoga Practice Class (2hrs)

South India Breakfast

Unwinding Practices (1hr)

Teacher Training (4hrs)

Smoothie Break

Optional Ayurvedic Treatments

**8/13****Jan 3, Wed****Sunrise 6:38am****Sunset 6:16pm****Day #3**

6:30-7:30am

7:30-9:30am

9:30-10am

10-11am

11am-3:30pm

1-1:30pm

4-7pm

**Lesson #2**

Optional Meditation (1hr)

Yoga Practice Class (2hrs)

South India Breakfast

Unwinding Practices (1hr)

Teacher Training (4hrs)

Smoothie Break

Optional Ayurvedic Treatments

**8/21****Jan 4, Thu****Sunrise 6:38am****Sunset 6:16pm****Day #4**

6:30-7:30am

7:30-9:30am

9:30-10am

10-11am

11am-3:30pm

1-1:30pm

4-7pm

**Lesson #3**

Optional Meditation (1hr)

Yoga Practice Class (2hrs)

South India Breakfast

Unwinding Practices (1hr)

Teacher Training (4hrs)

Smoothie Break

Optional Ayurvedic Treatments

**8/29****Jan 5, Fri****Sunrise 6:38am****Sunset 6:17pm****Day #5**

6:30-7:30am

7:30-9:30am

9:30-10am

10-11am

**Lesson #4**

Optional Meditation (1hr)

Yoga Practice Class (2hrs)

South India Breakfast

Unwinding Practices (1hr)

**8/37**

11am-3:30pm Teacher Training (4hrs)  
1-1:30pm Smoothie Break  
4-7pm Optional Ayurvedic Treatments

**Jan 6, Sat**  
Sunrise 6:38am  
Sunset 6:17pm

**Day #6**  
6:30am  
6:30pm

**Day Trip to Kanyakumari**  
Depart at Surya Villa for departure by bus  
Return to Surya Villa

*Snacks served on bus for breakfast; lunch at the hotel buffet; return in the evening before dinner; dress code: women must wear a dress/skirt and cover shoulders; men must wear a dhoti and no shirt.*

**Jan 7, Sun**  
Sunrise 6:39am  
Sunset 6:18pm

**Day #7**  
6:30-7:30am  
8:30-10:30am  
10:30-11am  
10-11am  
11am-3:30pm  
1-1:30pm  
4-7pm

**Lesson #5**  
Meditation canceled  
Practice Class (1hr)  
South India Breakfast  
Unwinding Practices canceled  
Teacher Training (4hrs)  
Smoothie Break  
Optional Ayurvedic Treatments

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**Jan 8, Mon**  
Sunrise 6:39am  
Sunset 6:18pm

**Day #8**  
6:30-7:30am  
7:30-9:30am  
9:30-10am  
10-11am  
11am-3:30pm  
1-1:30pm  
4-7pm

**Lesson #6**  
Optional Meditation (1hr)  
Yoga Practice Class (2hrs)  
South India Breakfast  
Unwinding Practices (1hr)  
Teacher Training (4hrs)  
Smoothie Break  
Optional Ayurvedic Treatments

8/50

**Jan 9, Tue**  
Sunrise 6:40am  
Sunset 6:19pm

**Day #9**  
6:30-7:30am  
7:30-9:30am  
9:30-10am  
10-11am  
11am-3:30pm  
1-1:30pm  
4-7pm

**Lesson #7**  
Optional Meditation (1hr)  
Yoga Practice Class (2hrs)  
South India Breakfast  
Unwinding Practices (1hr)  
Teacher Training (4hrs)  
Smoothie Break  
Optional Ayurvedic Treatments

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**Mulloor Excursion**

5:30pm

*Meet at Surya Villa to take autorickshaws to Mulloor*

6:00pm

*Sunset on Mulloor Beach*

6:30pm

*Puja at Devi Temple*

7:15pm

*Traditional South Indian Thali Dinner at Mahesh's House*

8-8:30pm

*Return to Kovalam*

**Jan 10, Wed**  
Sunrise 6:40am  
Sunset 6:19pm

**Day #10**  
6:30-7:30am  
7:30-9:30am  
9:30-10am  
10am-12pm  
**12pm**

**Lesson #8**  
*Half day of teacher training [no lunch service]...*  
Optional Meditation (1hr)  
Yoga Practice Class (2hrs)  
South India Breakfast  
Teacher Training (2hrs)  
**Freetime**

5/63

<p><b>Jan 11, Thu</b>  <b>Sunrise 6:40am</b>  <b>Sunset 6:20pm</b></p>	<p><b>Day #11</b>  6:30-7:30am  7:30-9:30am  9:30-10am  10-11am  11am-3:30pm  1-1:30pm  4-7pm</p>	<p><b>Lesson #9</b>  Optional Meditation (1hr)  Yoga Practice Class (2hrs)  South India Breakfast  Unwinding Practices (1hr)  Teacher Training (4hrs)  Smoothie Break  Optional Ayurvedic Treatments</p>	<p><b>8/71</b></p>
<p><b>Jan 12, Fri</b>  <b>Sunrise 6:40am</b>  <b>Sunset 6:20pm</b></p>	<p><b>Day #12</b>  6:30-7:30am  7:30-9:30am  9:30-10am  10am  11:30am</p>	<p><b>Overnight Trip to Varkala Beach</b>  Optional Meditation (1hr)  Round-robin Practice Class (2hrs)  South India Breakfast  Assemble at Surya Villa for departure by bus  Arrive at the Taj Hotel – freetime!  <i>Activities: pool lounging, acro-yoga on the beach, shopping, or Coffee Temple!</i></p>	<p><b>3/74</b></p>
<p><b>Jan 13, Sat</b>  <b>Sunrise 6:41am</b>  <b>Sunset 6:21pm</b></p>	<p><b>Day #13</b></p>	<p><b>Return to Kovalam Beach</b>  <i>Return to Kovalam Beach late afternoon before dinner</i></p>	
<p><b>Jan 14, Sun</b>  <b>Sunrise 6:41am</b>  <b>Sunset 6:21pm</b></p>	<p><b>Day #14</b>  6:30-7:30am  7:30-9:30am  9:30-10am  10-11am  11am-3:30pm  1-1:30pm  4-7pm</p>	<p><b>Lesson #10-11</b>  Optional Meditation (1hr)  Yoga Practice Class (2hrs)  South India Breakfast  Unwinding Practices (1hr)  Teacher Training (4hrs)  Smoothie Break  Optional Ayurvedic Treatments</p>	<p><b>8/82</b></p>
<p><b>Jan 15, Mon</b>  <b>Sunrise 6:41am</b>  <b>Sunset 6:22pm</b></p>	<p><b>Day #15</b>  6:30-7:30am  7:30-9:30am  9:30-10am  10-11am  11am-3:30pm  1-1:30pm  4-7pm</p>	<p><b>Lesson #12-13</b>  Optional Meditation (1hr)  Yoga Practice Class (2hrs)  South India Breakfast  Unwinding Practices (1hr)  Teacher Training (4hrs)  Smoothie Break  Optional Ayurvedic Treatments</p>	<p><b>8/90</b></p>
<p><b>Jan 16, Tue</b>  <b>Sunrise 6:41am</b>  <b>Sunset 6:22pm</b>  <b>New Moon</b></p>	<p><b>Day #16</b>  6:30-7:30am  7:30-9:30am  9:30-10am  10-11am  11am-3:30pm  1-1:30pm  4-7pm  7-8pm</p>	<p><b>Lesson #14-15</b>  Optional Meditation (1hr)  Yoga Practice Class (2hrs)  South India Breakfast  Unwinding Practices (1hr)  Teacher Training (4hrs)  Smoothie Break  Optional Ayurvedic Treatments  <b>New Moon Ceremony (1hr)</b></p>	<p><b>9/99</b></p>

<p><b>Jan 17, Wed</b>  <b>Sunrise 6:42am</b>  <b>Sunset 6:23pm</b></p>	<p><b>Day #17</b>  <i>Half day of teacher training [no lunch service]...</i>  6:30-7:30am  7:30-9:30am  9:30-10am  10am-12pm  <b>12pm</b></p>	<p><b>Lesson #16</b>  Optional Meditation (1hr)  Yoga Practice Class (2hrs)  South India Breakfast  Teacher Training (2hrs)  <b>Freetime</b></p>	<p><b>5/104</b></p>
<p><b>Jan 18, Thu</b>  <b>Sunrise 6:42am</b>  <b>Sunset 6:23pm</b></p>	<p><b>Day #18</b>  6:30-7:30am  7:30-9:30am  9:30-10am  10-11am  11am-3:30pm  1-1:30pm  4-7pm</p>	<p><b>Lesson #17-18</b>  Optional Meditation (1hr)  Yoga Practice Class (2hrs)  South India Breakfast  Unwinding Practices (1hr)  Teacher Training (4hrs)  Smoothie Break  Optional Ayurvedic Treatments</p>	<p><b>8/112</b></p>
<p><b>Jan 19, Fri</b>  <b>Sunrise 6:42am</b>  <b>Sunset 6:24pm</b></p>	<p><b>Day #19</b>  6:30-7:30am  7:30-9:30am  9:30-10am  10-11am  11am-3:30pm  1-1:30pm  4-7pm</p>	<p><b>Lesson #19-20</b>  Optional Meditation (1hr)  Yoga Practice Class (2hrs)  South India Breakfast  Unwinding Practices (1hr)  Teacher Training (4hrs)  Smoothie Break  Optional Ayurvedic Treatments</p>	<p><b>8/120</b></p>
<p><b>Jan 20, Sat</b>  <b>Sunrise 6:42am</b>  <b>Sunset 6:24pm</b></p>	<p><b>Day #20</b>  <i>Half day of teacher training [no lunch service]...</i>  9:30-10am  10am-12pm  <b>12pm</b></p>	<p><b>Practice Teaching</b>  South India Breakfast  Practice Teaching (2hrs)  <b>Freetime</b></p>	<p><b>2/122</b></p>
<p><b>Jan 21, Sun</b>  <b>Sunrise 6:43am</b>  <b>Sunset 6:25pm</b></p>	<p><b>Day #22</b>  6:30-7:30am  7:30-9:30am  9:30-10am  10am-3:30pm  1:30-2pm  4-7pm</p>	<p><b>Video Review #1</b>  Optional Meditation (1hr)  <b>Intro to Yoga Class (2hrs)</b>  South India Breakfast  <b>Video Review (5hrs)</b>  Smoothie Break  Optional Ayurvedic Treatments</p>	<p><b>8/130</b></p>
<p><b>Jan 22, Mon</b>  <b>Sunrise 6:43am</b>  <b>Sunset 6:25pm</b></p>	<p><b>Day #23</b>  6:30-7:30am  7:30-9:30am  9:30-10am  10am-3:30pm  1:30-2pm  4-7pm</p>	<p><b>Video Review #2</b>  Optional Meditation (1hr)  <b>Intro to Yoga Class (2hrs)</b>  South India Breakfast  <b>Video Review (5hrs)</b>  Smoothie Break  Optional Ayurvedic Treatments</p>	<p><b>8/138</b></p>
<p><b>Jan 23, Tue</b>  <b>Sunrise 6:43am</b>  <b>Sunset 6:26pm</b></p>	<p><b>Day #24</b>  <i>Please wear an article of white representing sattvic intentions.</i>  6:30-7:30am  7:30-9:30am</p>	<p><b>Last Day of TT</b>  Optional Meditation (1hr)  Practice Class (2hrs)</p>	<p><b>5/143</b></p>

9:30-10am South India Breakfast  
10am-12pm **Closing Circle Ceremony (2hrs)**  
[End of Program]  
12pm Beach anyone?

**Jan 24, Wed** **Freeday**

**Jan 25-Feb 1** **South India Temple & Ashram Tour**

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**TOTAL of HOURS** Cumulative Hours Total: ..... 143  
**KOVALAM, SOUTH INDIA** Practice & Training:..... 101  
**January 2018** Opening/Closing Circles & Orientation: 6  
Video Review:..... 14  
Optional Meditation ..... 21  
Balance of Hours:..... 60

### **ADDITIONAL COURSEWORK FOR CERTIFICATION**

*Option to complete in Chicago or in your hometown.*

#### **Apprenticeships**

Apprenticeship #1 ... Mar/Apr/May due May 31, 2018 *Register by **February 15***

Apprenticeship #2 ... June/July/August due August 31, 2018 *Register by **May 15***

*Write a short review of your experience and email [homework@mokshayoga.com](mailto:homework@mokshayoga.com) by the due date.*

#### **Thesis**

Book a space at Moksha by **April 15, 2018**. Contact [carly@mokshayoga.com](mailto:carly@mokshayoga.com) to schedule your workshop class in June, July, or August if you plan to use one of our studios for your event.

#### **Additional Coursework Deadline... **Sept 1, 2018****

Includes completion of 1 private, 1 charity class, 6 karma/community, book review "Fire of Love", homework, seva, and thesis. *Please plan on paying the \$100 extension fee to submit any work after 9/1/18.*

#### **Anatomy Coursework...**

**Dates TBD...**

#### **Thesis Presentations (in Chicago)**

**Sept 16, 2018** - Sunday, 4-6pm, MRW

*Speak about your thesis for 5-10 minutes. Submit your write-up and report by September 1.*

#### **Closing Circle Ceremony (in Chicago)**

**Sept 23, 2018** - Sunday, 4-6pm, MRW

*Receive your certificate at this ceremony (if everything submitted by 9/1/18); wear an article of white, bring a poem or favorite sutra; and a piece of fruit or seeds/nuts to share.*

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#### **Contacts**

Daren Friesen, Director & Instructor, [daren@mokshayoga.com](mailto:daren@mokshayoga.com)

Carly Brink, Teacher Training Manager, [carly@mokshayoga.com](mailto:carly@mokshayoga.com)

Vipin Raj, Managing Director, [vipikovalam@gmail.com](mailto:vipikovalam@gmail.com)

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In the birthplace of yoga, you will find India a mystical and spiritual destination full of healing, yoga, study and adventure. Join us on an experience of a lifetime in South India as we visit the sacred temples of south India, some of the oldest on earth, relax in the mountain forests and beaches of Kerala and study the depths of yoga and spirit. Travel in the company of yogis and spirit seekers, enjoy yoga classes while learning about the ancient mythology of the ancient Vedic scriptures, and enjoy touring the most sacred and beautiful places of South India. More info at [mokshayoga.com](http://mokshayoga.com).

**Itinerary**

<b>Jan 25, Thu</b>	<b>Kovalam to Rameshwaram</b>	<b>Day 1</b>
Agenda	Adikeshava Permul Temple in Thiruvattar Vanamamalai Permul Temple in Nanguneri Ramanathaswamy Temple Darshan	
<b>Jan 26, Fri</b>	<b>2<sup>nd</sup> night in Rameshwaram</b>	<b>Day 2</b>
Agenda	Ramanathaswamy Temple Darshan Shree Krishna Pranami Mangal Mandir Hanuman Temple Ramanathaswamy Temple Darshan	
<b>Jan 27, Sat</b>	<b>Rameshwaram to Thiruvannamalai</b>	<b>Day 3</b>
Agenda	Ragnanathaswamy Temple Darshan in Tiruchirappalli	
<b>Jan 28, Sun</b>	<b>2<sup>nd</sup> night in Thiruvannamalai</b>	<b>Day 4</b>
Agenda	Sri Ramana Maharishi Ashram	
<b>Jan 29, Mon</b>	<b>Thiruvannamalai to Pondicherry</b>	<b>Day 5</b>
Agenda	Pondicherry Sightseeing & Beach	
<b>Jan 30, Tue</b>	<b>2<sup>nd</sup> night in Pondicherry</b>	<b>Day 6</b>
Agenda	Auroville	
<b>Jan 31, Wed</b>	<b>Pondicherry to Madurai</b>	<b>full moon Day 7</b>
Agenda	Sri Aurobindo Ashram	
<b>Feb 1, Thu</b>	<b>Madurai to Kovalam Beach</b>	<b>Day 8</b>
Agenda	Sri Meenakshi Temple Thirumalai Nayakar Mahal Palace Gandhi Museum	

**Retreat Fee: \$1,095 if paid by December 15<sup>th</sup>**  
**\$1,195 if paid by January 15<sup>th</sup>**  
**\$1,295 if paid after January 15<sup>th</sup>**

- Arrive in Kovalam by January 24<sup>th</sup>. Accommodations on the night of the 24<sup>th</sup> are not included.
- Includes accommodations (double/triple) and bus transportation roundtrip from Kovalam Beach.
- Does not include meals, accommodation upgrades, single surcharge, airfare, or incidentals.
- Accommodations and itinerary subject to change. All forms of payment accepted.
- Moksha & Green Yoga Trainees receive 10% off and Moksha & Green Yoga Teachers receive 20% off.
- No refunds.