

Moksha Yoga Center
India 500hr Advanced Program
Vinyasa & Ashtanga Focus
February 3-18, 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

Feb 2, Friday	Latest Arrival Date*
Feb 3, Saturday	First Day of Program
Feb 24, Sunday	Last Day of Program (16 days / 17 nights)
	* We recommend to arrive 2-3 days before the start of the program.

Location *Kovalam Beach, Trivandrum (also known as Thiruvananthapuram)*
Kerala, South India

FACULTY & STAFF

Daren Friesen	Director & Teacher Trainer	Moksha & Sugham Bhavanthu
Vipin Raj	Managing Director	Sugham Bhavanthu
Dr. Unnikrishnan	Director & Ayurvedic Doctor	Agastya Heritage Ayurvedic Resort

SCHEDULE

Note: schedule and excursion dates/times/prices subject to change.

Feb 02, Fri	Arrival: students must arrive in Kovalam Beach by Friday, Feb 2!	
Feb 03, Sat Sunrise 6:43am Sunset 6:28pm	TT Day #1	Welcome, Opening & Orientation 2+4/6 <i>Everyone is requested to wear an article of white to the opening circle representing sattvic intentions.</i>
	8-10am	Meditation & Practice (2hrs)
	10-10:30am	South India Breakfast
	10:30-11:30am	India Orientation (1hr)
	11:30am-12:30pm	Teacher Training Orientation (1hr)
	12:30-1:30pm	Teacher Training Opening Circle (1hr)
	1:30-2pm	Smoothies, Fruit & Nuts
	2-4pm	Agastya Heritage Tour
	6-7pm	Opening Ceremony & Puja (1hr)
	7-8pm	Pure Vegetarian Dinner Buffet
Feb 04, Sun Sunrise 6:43am Sunset 6:28pm	TT Day #2	Lesson #1 7.5/13.5
	7-8am	Meditation (1hr)
	8-10am	Practice (2hrs)
	10-10:30am	South India Breakfast

	10:30-3:30pm 1:30-2pm 4-7pm	Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime	
Feb 05, Mon Sunrise 6:43am Sunset 6:28pm	TT Day #3 7-8am 8-10am 10-10:30am 10:30-3:30pm 1:30-2pm 4-7pm	Lesson #2 Meditation (1hr) Practice (2hrs) South India Breakfast Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime	7.5/21
Feb 06, Tue Sunrise 6:42am Sunset 6:29pm	TT Day #4 7-8am 8-10am 10-10:30am 10:30-3:30pm 1:30-2pm 4-7pm	Lesson #3 Meditation (1hr) Practice (2hrs) South India Breakfast Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime	7.5/28.5
Feb 07, Wed Sunrise 6:42am Sunset 6:29pm	TT Day #5 <i>Half day of teacher training [no lunch service]...</i> 7-8am 8-10am 10-10:30am 10:30-1pm 4-7pm	Lesson #4 Meditation (1hr) Practice (2hrs) South India Breakfast Teacher Training (2.5hrs) Optional Ayurvedic Treatments or Freetime	5.5/34
Feb 08, Thu Sunrise 6:42am Sunset 6:29pm	TT Day #6 7-8am 8-10am 10-10:30am 10:30-3:30pm 1:30-2pm 4-7pm	Lesson #5 Meditation (1hr) Practice (2hrs) South India Breakfast Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime	7.5/41.5
Feb 09, Fri Sunrise 6:42am Sunset 6:29pm	TT Day #7 7-8am 8-10am 10-10:30am 10:30-3:30pm 1:30-2pm 4-7pm	Lesson #6 Meditation (1hr) Practice (2hrs) South India Breakfast Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime	7.5/49
Feb 10, Sat Sunrise 6:42am Sunset 6:30pm	TT Day #8 6:30am	Day Trip Assemble at Surya Villa for departure by bus <i>Snacks served on bus for breakfast; lunch at the hotel buffet; return in the early evening before dinner; women must wear a dress/skirt and cover shoulders; men must wear a dhoti.</i>	n/a
Feb 11, Sun Sunrise 6:42am	TT Day #9 7-8am	Lesson #7 Meditation (1hr)	7.5/56.5

<p>Sunset 6:30pm</p>	<p>8-10am 10-10:30am 10:30-3:30pm 1:30-2pm 4-7pm</p>	<p>Practice (2hrs) South India Breakfast Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime</p>	
<p>Feb 12, Mon Sunrise 6:41am Sunset 6:30pm</p>	<p>TT Day #10 7-8am 8-10am 10-10:30am 10:30-3:30pm 1:30-2pm 4-7pm</p>	<p>Lesson #8 Meditation (1hr) Practice (2hrs) South India Breakfast Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime</p>	<p>7.5/64</p>
<p>Feb 13, Tue Sunrise 6:41am Sunset 6:30pm</p>	<p>TT Day #11 7-8am 8-10am 10-10:30am 10:30-3:30pm 1:30-2pm 4-7pm</p>	<p>Lesson #9 Meditation (1hr) Practice (2hrs) South India Breakfast Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime</p>	<p>7.5/71.5</p>
<p>Feb 14, Wed Sunrise 6:41am Sunset 6:30pm</p>	<p>TT Day #12 <i>Half day of teacher training [no lunch service]...</i> 7-8am 8-10am 10-10:30am 10:30-1pm 4-7pm</p>	<p>Lesson #10 Meditation (1hr) Practice (2hrs) South India Breakfast Teacher Training (2.5hrs) Optional Ayurvedic Treatments or Freetime</p>	<p>5.5/77</p>
<p>Feb 15, Thu Sunrise 6:41am Sunset 6:31pm</p>	<p>TT Day #13 7-8am 8-10am 10-10:30am 10:30-3:30pm 1:30-2pm 4-7pm</p>	<p>Lesson #11 Meditation (1hr) Practice (2hrs) South India Breakfast Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime</p>	<p>7.5/84.5</p>
<p>Feb 16, Fri Sunrise 6:41am Sunset 6:31pm</p>	<p>TT Day #14 7-8am 8-10am 10-10:30am 10:30-3:30pm 1:30-2pm 4-7pm 7-8pm</p>	<p>Lesson #12 Meditation (1hr) Practice (2hrs) South India Breakfast Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime Full Moon Ceremony</p>	<p>7.5/92.5</p>
<p>Feb 17, Sat Sunrise 6:40am</p>	<p>TT Day #15 7-8am</p>	<p>Lesson #13-14 Meditation (1hr)</p>	<p>7.5/100</p>

Sunset 6:31pm	8-10am 10-10:30am 10:30-3:30pm 1:30-2pm 4-7pm	Practice (2hrs) South India Breakfast Teacher Training (4.5hrs) Smoothie Break Optional Ayurvedic Treatments or Freetime
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Feb 18, Sun Sunrise 6:40am Sunset 6:31pm	TT Day #16 7-8am 8-10am 10-10:30am 10:30am-12pm <i>Everyone is requested to wear an article of white representing sattvic intentions.</i> 12:30-2:30pm 1:30-2:30pm	Lesson #15 Meditation (1hr) Practice (2hrs) Yogurt & fruit Light Breakfast Teacher Training (2hrs) Closing Circle & Ceremony Traditional South India Thali Meal	8/108
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[End of Teacher Training Program]

TOTAL of HOURS KOVALAM, INDIA 2017	Cumulative Hours Total: 108 Practice & Training 90 Orientations & Circles 4 Meditation 14
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Feb 19, Mon Feb 25, Sun	Ashtanga Retreat with Ajay Kumar Last Day of Ashtanga Retreat
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Contacts

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