

Heartfulness Education: Teacher Training Program
INSPIRE: 3 Days - Residential Program
Program Schedule

Day 0	Registration: From 6:00 pm	Dinner: 7:30 pm - 8:30 pm	Briefing Session: 8:30 pm - 9:15 pm
Timings	Day 1	Day 2	Day 3
5:30 am - 6:00 am	Tea	Tea	Tea
6:00 am - 7:00 am	Yogasanas	Yogasanas	Yogasanas
7:00 am - 8:30 am	Break & Breakfast	Break & Breakfast	Break & Breakfast
8:30 am - 8:40 am	Welcome & Agenda	Welcome & Agenda	Welcome & Agenda
8:40 am - 9:30 am	Introduction - About the Program and Offerings	Rejuvenation & Meditation	Connect with your inner Self & Meditation
9:30 am - 10:30 am	Relaxation & Meditation	Class room Dynamics, Part 2 - Approaches, methods & activities	A Day in the Life of a Teacher
10:30 am - 11:00 am	Tea & snacks	Tea & snacks	Tea & snacks
11:00 am - 12:00 noon	Class Room Culture - Facilitation skills & Norms	Heart Centered Education for Life	Heart - Brain Connect - A Scientific Rationale
12:00 noon - 1:00 pm	Class room Dynamics, Part 1 - Inquiry based learning	Brighter Minds	Supervised Group Work - Lesson Plan Presentation by groups
1:00 pm - 2:00 pm	Lunch	Lunch	Lunch
2:00 pm - 3:00 pm	Life Skills - Communication and Leadership qualities	Supervised Group Work - Lesson Plan Preparation within the group	Supervised Group Work
3:00 pm - 3:30 pm	Supervised Group Work - Studying the sample lesson plans		Lesson Plan Presentation by groups
3:30 pm - 4:00 pm			Feedback on Program - Groupwise Distribution of Certificates, Valedictory
4:00 pm - 5:30 pm	Tea & snacks followed by break	Tea & snacks followed by break	Tea & snacks - Dispersal
5:30 pm - 6:30 pm	Practicals - Relaxation & Meditation	Practicals - Rejuvenation & Introspection	<i>NOTE: The timings for the sessions can possibly change depending on specific programs</i>
6:30 pm - 7:30 pm	Conscious Living Lesson - A Demo	Art Education Activities Demo - Song / Dance/ Skit / Puppetry	
7:30 pm - 8:30 pm	Dinner	Dinner	
8:30 pm - 9:15 pm	Video and Briefing Session	Video and Briefing Session	
<i>SELF: Heartfulness Techniques</i>			
<i>STUDENTS: Conscious Living Syllabus</i>			
<i>SCHOOLS: Heart-centered Pedagogy</i>			