

European Schedule for Online 200h TTC

Summer time (Paris Time)

5 am- 6 am 1 hour self practice	Meditation
6.15am- 6.45 am 30 min recorded	Chanting: Patanjali Yoga Sutras
7 am to 9.30 am 2h30 Live	Teaching Practice: Circle time, short practice with Lead Trainers and teaching practice in small groups with mentors
9.30-10.00 am	Brunch
10.30 am-11.30 am 1h Remote Live	Satsang: Heartfulness meditation with a preceptor in Europe
12 am-2pm 2h00 Live	Asana practice: TTC 200h flow: Observation and corrections by Lead Trainers
2 pm to 2.30 pm	Herbal tea, fruits and nuts
3pm- 5pm 2h00 Live	Theory: Philosophy of Yoga/ Teaching Theory
5.30pm-6.pm 30 min recorded	Theory of Asanas: Asanas from TTC 200 flow
6 pm- 6.30 pm 30 min Recorded Audio guide	Heartfulness Cleaning practice
7.00pm-7.30pm	Dinner
9.30pm-9.45pm Self Practice	Heartfulness night time connection
Total: 10h15 min /day	