

Dates	Time (PST)	Topics and/or Event	Trainer
Mexico Hybrid 2024			
Saturday February 10	7:00 am	Opening/Welcome and Yoga	Sat Siri
	8:30 am	Course Meditation	Sat Siri
	8:45 am	Group Opening Circle	Sat Siri
	10:00 am	Break	
	10:15 am	Divine Alignment	Sat Siri
	12:00 pm	End	
Sunday February 11			
	7:00 am	Meditation	Sat Siri
	7:15 am	Demo Practicum 1: Basic Spinal Series and Kirtan Kriya	Sat Siri
	8:15	Divine Alignment	Sat Siri
	9:15 am	Break	
	9:30	Pranayama: PT I	Sat Siri
	11:15 am	Admin orientation	Inderjot
	12:00 pm	END	
INDEPENDENT TIME/ RECORDED CONTENT	HOME STUDY	Divine Alignment- Including Bandhas, 11 min Sat Kriya	Sat Siri
		History & Philosophy of Yoga: Concept of Kriya	Sat Siri
		Becoming a Yogi: Sadhana	Nirvair
Saturday February 17			
	8:00 am	Course meditation	Siri Kaur
SMALL GROUP SESSION 1	8:15 am	Small Group Check-In (Explain small group dynamics. Introductions and come up with small group name)	All TNT
	8:45 am	Practicum Rehearsal/small groups	All TNT
	10:15 am	Break	
	10:30 am	Teaching Methodology: Refining verbal cues, postures/corrections, class structure, spinal flex 3 variation, sat kriya, spinal twist, shoulder shrug, neck rolls	All TNT
	11:30 am	Topic Review/Practice Teach/Activity (chose one person at a time to teach the group a posture and get feedback)	All TNT
	12:00 pm	End	
Saturday February 24			
Deep Dive Weekend	7:00 am	Meditation	Johanna Hari Sant
	7:15 am	Intro to Sound & Mantra	Dev Suroop
	9:15 am	Break	
	9:30 am	Sound & Mantra: the Aquarian Sadhana Mantras	Dev Suroop
	11:30 am	Sound & Mantra: Intro to Japji	Dev Suroop
	12:00 pm	END	
Sunday February 25			
	5:30 am	Sadhana	Siri Kaur & Manjeet Shanti
Deep Dive Weekend		Break	
	8:30 am	Meditation	Amit Tara Prem
	8:45	Sound & Mantra: Japji & Mul Mantra	Dev Suroop
	10:15	Break	
	10:30	History & Philosophy: Manifestation into being: Tattvas, Gunas	Dev Suroop
	11:30	Mantra experience or meditation	Dev Suroop
	12:00 pm	END	
INDEPENDENT TIME/ RECORDED CONTENT	HOME STUDY	History & Philosophy of Yoga	Amrit
		Demo Practicum 2: Kriya for Elevation and Long Ek Ong Kaar	Sat Siri
		Demo Practicum 3: New Lungs and Circulation and Pran Bandha Mantra	Sat Siri