

200-Hour Intensive Format

with JOVAN NIKOLIC (E-RYT 500) - AUSTRALIA

COURSE SUMMARY:

13 days x 14 hours per day = 182 Hours
+ 18 Hours Post-Training Homework Requirements
= 200-Hours

DAILY SCHEDULE*

07:00 - 08:00 **Pranayama & Meditation**
08:00 - 10:00 **Asana & Teaching Practice**
10:00 - 12:00 **Lecture 1**
12:00 - 12:30 **Lunch**
12:30 - 16:30 **Lecture 2**
16:30 - 18:30 **Adjustment Practice**
18:30 - 19:00 **Dinner**
19:00 - 22:00 **Self-Study**

Lecture 1, 2, 3: Ashtanga Yoga Fundamentals, Primary Series Practice & Analysis, Vinyasa Workshops, Adjustment & Alignment Classes, Anatomy & Physiology, Yoga Philosophy, Life Style & Ethics, Teaching Methodology, Yoga Sutras, Sanskrit, Karma Yoga.

**Schedule may be subject to change*