

# 300-Hour Intensive Format

with JOVAN NIKOLIC (E-RYT 500) - AUSTRALIA

## COURSE SUMMARY:

16 days x 14 hrs per day = 224 hrs  
+ 40 hrs The Art of Adjusting Yoga Postures  
+ 20 hrs Post-Training Requirements  
+ 16 hrs Practicum  
= 300-Hours

## DAILY SCHEDULE\*

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

**Lecture 1+2:** Primary Series Analysis, Introduction to Intermediate Series, Vinyasa & Inversion Workshops, Postural Alignment, Anatomy and Physiology, Ashtanga Yoga Fundamentals, Trauma-Informed Yoga Principles, Yogic Food, Diet and Nutrition, Yoga Philosophy, Yoga Sutras, Sanskrit.

*\*Schedule may be subject to change*