

hot yoga teacher training 2012 schedule	time - personal times may vary-keep a log	morning flow yoga	morning hot yoga	Daily workshops 2:30-5:30 daily
Friday February 3	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Orientation & meditation clinic
Saturday February 4	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Meditation & Pranayama clinic
*Sunday February 5 Sundays are optional	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	
Monday February 6	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	standing series alignment principles, how to create a flexible and steady foundation
Tuesday February 7	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	floor series Hip openers, forward bends, how to open up
Wednesday February 8	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	The Sun Moon Principles and how they relate to body dynamics
Thursday February 9	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Yoga anatomy of physical & mental alignment. Intention.
Friday February 10	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Pranayama, bandhas, the bellows and the valve
Saturday February 11	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Partner yoga & Thai Massage
Sunday February 12	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	
Monday February 13	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Hot yoga posture clinic
Tuesday February 14	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Hot yoga posture clinic
Wednesday February 15	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Hot yoga posture clinic
Thursday February 16	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Hot yoga teaching clinic
Friday February 17	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Student teaching
Saturday February 18	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Student teaching
Sunday February 19	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	
Monday February 20	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Student teaching
Tuesday February 21	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Whale trip-ocean yoga
Wednesday February 22	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Yoga hiking adventure
Thursday February 23	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Student teaching
Friday February 24	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	Student teaching
Saturday February 25	6am morning meditation	8-9:15am Vinyasa flow	9:30-11 Hot Yoga class	completion