



Sri Sri School of Yoga Teacher Training

HYBRID FORMAT

Our comprehensive training provides you with a deep, immersive, and experiential understanding of yoga and equips you with empowering teaching techniques.

Online Weekly Schedule

*Sample only & subject to change

Video Sessions & Self-Study

20 - 22 hours per week

Live Sessions

Every Saturday & Sunday

5 hours per week

Sat: 6:30 AM PDT – 9:30 AM PDT/9:30 AM EDT – 12:30 PM EDT

Sun: 6:30 AM PDT – 8:30 AM PDT/9:30 AM EDT – 11:30 AM EDT

Further resources:

On demand videos & resource library

Please note there will be an orientation call on the first day of training for 1.8 hours.

On-Campus Daily Schedule

*Sample only & subject to change

(See page 2)





On-Campus Daily Schedule

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6:00 – 8:30am Sadhana / Morning Practice

Daily practice to go within and practice 90 minutes of yoga, breathwork, and cleansing yoga techniques. You will be able to familiarize yourself with all the practices as well as experience different teaching styles.

8:30 – 10:15am Breakfast Break

10:15am – 1:00pm Morning Session

Sessions are a blend of training in techniques of asana, pranayama, teaching practice, instruction in anatomy and physiology as well as exposure to various topics such as yoga philosophy, Ayurveda, Sanskrit, business of yoga, etc.

1:00 – 2:30pm Lunch Break

2:40 – 3:00pm Yoga Nidra: Yogic Rest practice to recharge your batteries for the rest of the day

3:00 – 6:00pm Afternoon Session & Evening Practice of Yoga and Meditation

6:00 – 7:30pm Dinner Break

7:30 – 8:30pm Satsang to amplify learnings

8:30 – 9:00pm Evening Session

