

Sample Advanced Training Day	
06:00 - 08:45	Mysore Style: practice, observe & assist
08:45 - 09:15 Morning Break	
09:15 - 10:00	Pranayama with Sound
10:00 - 11:00	Chanting Shanti Mantras
11:00 - 12:15	Adjustments Lab
12:15 - 12:45 Lunch Break	
12:45 - 13:45	Opening & Closing classes
13:45 - 16:30	Building Urdhva Dhanurasana
16:30 - 17:45	Embodying the Yoga Sutras