



# OUTLINES SCHEDULE

# DAY 1

FRIDAY, 10 DECEMBER 2021

FROM 09.00 TO 17.30

09.00 - 09.30 - OPENING CIRCLE

09.30 - 11.00 - THE HISTORY (YOGA - TANTRA - AYURVEDA) - LECTURE

11.00 - 12.30 - SAMKHYA PHILOSOPHY 'THE DESCENT OF CONSCIOUSNESS INTO MATTER' -  
LECTURE

12.30 - 13.30 - LUNCH BREAK

13.30 - 14.15 - SEVEN STAGES PROGRESSION OF HATHA YOGA (GENERAL OVERVIEW) - LECTURE

14.15 - 14.45 - THE MECHANISM OF THE MIND AND THE ART OF RELAXATION

14.45 - 15.45 - THE KOSHAS 'SCIENCE OF THE SOUL'

16.00 - 17.30 - MOON HATHA (90 MINUTES) - PRACTICE

# DAY 2

SATURDAY, 11 DECEMBER 2021  
FROM 09.00 - 17.15

09.00 - 10.30 - SUN HATHA (90 MINUTES) - PRACTICE

10.30 - 11.00 - QUICK BREAKFAST BREAK

10.00 - 11.00 - 7 STAGES PROGRESSION OF HATHA YOGA PART 1 (PREPARATORY STAGE) - LECTURE

11.15 - 12.00 - 7 STAGES PROGRESSION OF HATHA YOGA PART 2 (PREPARATORY STAGE) - LECTURE

12.00 - 13.00 - LUNCH BREAK

13.00 - 14.00 - 7 STAGES PROGRESSION OF HATHA YOGA (MOON STAGE) - LECTURE

14.15 - 15.30 - STAGES PROGRESSION OF HATHA YOGA (SUN STAGE) - LECTURE

15.45 - 17.15 - RESTORATIVE HATHA 432HZ & YOGA NIDRA (90 MINUTES) - PRACTICE

# DAY 3

SUNDAY, 12 DECEMBER 2021

FROM 09.00 - 15.00

09.00 - 10.30 - FIRE PRACTICE (90 MINUES) - PRACTICE

10.30 - 11.00 - QUICK BREAKFAST BREAK

11.00 - 12.30 - 7 STAGES PROGRESSION OF HATHA YOGA (FIRE STAGE) -  
LECTURE

12.30 - 13.00 - YOGA NIDRA OVERVIEW - LECTURE

13.00 - 14.00 - LUNCH BREAK

14.00 - 15.00 - CLOSING CIRCLE