

Wochenplan "Yogalehrer Ausbildung"

Zeit	So	Mo	Di	Mi	Do	Fr
7.00-8.00	Pranayama	Pranayama	Pranayama	Pranayama	Pranayama	Pranayama
8.00-9.30	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
10.30-12.00	Philosophie	Philosophie	Philosophie	Philosophie	Philosophie	Philosophie
12.00-13.30	Alignment	Lehrmethodik	Alignment	Lehrmethodik	Alignment	Lehrmethodik
15.00-16.30	Anatomie	Anatomie	Lehrmethodik	Anatomie	Lehrmethodik	Anatomie
16.30-18:00	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
18.00-19.00	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
20.00-22.00	Self Study		Self Study			Self Study