



Registered Yoga School (RYS)
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Advanced Yoga Studies/Teacher Training Program Sample Weekend Schedule

Friday

6pm Review of Homework or Previous Weekend.
7pm Lecture
8:30 Savasana or meditation
9pm Dismissal

Saturday

8 am Yoga Class
9:45 Break
10 am Review of Yoga Class
10:30 Training component
12 – 12:30 Lunch
12:30 Walking Meditation (Dress for the weather we will be outside.)
1-3pm Training Component
3- 3:15 Break
3:15 Practice
5pm Dismissal

Sunday

8am Review/questions from previous day
8:15 Yoga Class
9:45 Break
10 am Review of Yoga Class
10:30 Training Component
12 – 12:30 Lunch
12:30 Walking Meditation (Dress for the weather. We will be outside.)
1pm Training Component
3pm Homework/Reading Assignments for next training
3:30pm Savasana or meditation
4pm Dismissal

BE ON TIME. All trainings begin and end on time.