



Divine Path

YOGA SCHOOL & RETREAT



200 Hour Yoga Teacher Training

DAILY SCHEDULE • ARAMBOL, GOA

TIME	SESSION
6:45 – 8:00 AM	Ashtanga Vinyasa
8:15 – 9:15 AM	Pranayama & Meditation
9:30 – 10:15 AM	<i>Breakfast</i>
11:00 – 12:00 PM	Alignment & Teaching Methodology
12:15 – 1:15 PM	Yoga Anatomy
1:30 – 2:30 PM	<i>Lunch</i>
3:30 – 4:30 PM	Yoga Philosophy
5:00 – 6:30 PM	Hatha Yoga
7:00 – 8:00 PM	<i>Dinner</i>

Monday-Friday class schedule. Sunday: rest day. Saturday: excursion only. No dinner on Sat & Sun evenings.

DivinePath Yoga School & Retreat | Arambol, North Goa

www.divinepathretreat.com



Special Dates & Excursions

CHECK-IN: 1st OF THE MONTH • CHECK-OUT: 23rd

2nd
MORNING

Opening Ceremony ✦

- ✦ Opening ceremony to welcome all students
- First class of the training: Hatha Yoga

1st SAT
EXCURSION

Excursion 1 - One of the Following

- ✦ Half Moon Beach Visit
- ✦ Beach Sound Healing Session
- ✦ Yoga in a Temple

2nd SAT
EXCURSION

Excursion 2 - One of the Following

- ✦ Beach Yoga Session
- ✦ Mud Bath at the Sweet Water Lake
- ✦ Waterfall Visit

22nd
EVENING

Closing Ceremony ✦

- ✦ Evening closing ceremony & certificate distribution
- ✦ Goodbye Dinner with the whole group

Please Note

- Sunday is the weekly rest day - no classes, free time for self-practice.
- Saturday is excursion day - no classes after the excursion.
- Dinner is not available on Saturday and Sunday evenings.
- One activity will be chosen for each excursion, depending on local conditions and weather.
- Excursion plans may change - any updates will be shared in advance.