

Nepal Yoga and Nature Cure Association

Institute of Natural Medicine (Natural Health Home), Sanga

200 Hours Yoga Teacher Training (YTT) Daily Schedule

1st Week – Therapy

- **7:00–9:00 AM:** Beginner, Yoga Therapy and Hatha Yoga Practice with Prof. Dr. Surya Bahadur Karki
 - **9:15–10:00 AM:** Breakfast
 - **11:00–12:00 PM:** Yoga Philosophy with Dr. Dharma Raj Karki
 - **12:00–1:00 PM:** Chanting and Meditation with Prof. Dr. Surya Bahadur Karki
 - **1:15–2:00 PM:** Lunch
 - **2:30–3:30 PM:** Self-study, self-practice for better improvement
 - **4:30–5:30 PM:** Difference between Modern & Classical Yoga, Yoga Sutra, Yoga Anatomy with Dr. Dharma Raj Karki
 - **6:45–7:30 PM:** Dinner
 - **8:00–9:00 PM:** Prayer, Bhajan, Song and Dance with Group led by Prof. Dr. Surya Bahadur Karki
 - **7:00 PM:** Lights off
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2nd Week – Hatha & Astanga Yoga

- **7:00–9:00 AM:** Hatha Yoga and Astanga Yoga Practice with Prof. Dr. Surya Bahadur Karki
 - **9:15–10:00 AM:** Breakfast
 - **11:00–12:00 PM:** Yoga Philosophy with Dr. Dharma Raj Karki
 - **12:00–1:00 PM:** Chanting and Meditation with Prof. Dr. Surya Bahadur Karki
 - **1:15–2:00 PM:** Lunch
 - **2:30–3:30 PM:** Self-study, self-practice for better improvement
 - **4:00–5:30 PM:** Pranayama, Mudra and Bandha with Dr. Dharma Raj Karki
 - **6:45–7:30 PM:** Dinner
 - **8:00–9:00 PM:** Prayer, Bhajan, Song and Dance with Group led by Prof. Dr. Surya Bahadur Karki
 - **7:00 PM:** Lights off
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3rd Week – Teaching Methods

- **7:00–9:00 AM:** Hatha and Astanga Yoga Teaching Methods with Prof. Dr. Surya Bahadur Karki
 - **9:15–10:00 AM:** Breakfast
 - **11:00–12:00 PM:** Yoga Philosophy with Dr. Dharma Raj Karki
 - **12:00–1:00 PM:** Chanting and Meditation with Prof. Dr. Surya Bahadur Karki
 - **1:15–2:00 PM:** Lunch
 - **2:30–3:30 PM:** Self-study, self-practice for better improvement
 - **4:00–5:30 PM:** Bandha, Shatkarma, Hatha Yoga Teaching Methods with Dr. Dharma Raj Karki
 - **6:45–7:30 PM:** Dinner
 - **8:00–9:00 PM:** Prayer, Bhajan, Song and Dance with Group led by Prof. Dr. Surya Bahadur Karki
 - **7:00 PM:** Lights off
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Extra Programs

- Hiking for interested participants: Chandragiri, Nager Kot, Kakani, Nawabuddha (food, cable car, and guide fees extra)
- Live a Yogic lifestyle
- Weekly fasting, silent meditation, and technology detox (no mobile, no internet, no devices)

Note: This practice is a great experience of a yogic life and being within yourself

Certification

1. You are giving your exam every day by being disciplined, living a yogic lifestyle, and following school rules and regulations
2. To get certification, everyone should be disciplined, attend classes on time, and have **minimum 80% attendance** (exceptions for sickness or physical/mental issues)
3. **Certification Ceremony:** After breakfast
4. If possible, dress in white