

**\*\*\*Next Module Session begins 1/21/23-1/22/23\*\*\*** Attendance is Required for all Modules and may be completed in 3 years

*300 Hour Course Outline for Early Start*

	Hours	Dates	
<b>Retreat</b>	16h	9/23/22-9/25/22	Featuring a Guest Speaker, Ashram style daily schedule, yoga and Meditation.
<b>Pandit Dabral Lectures</b>	10h	Recorded	Online Access to 300 program portal will be shared upon application approval and receiving of payment.
<b>Elective</b>	10h	In person or Zoom thru HYMC	An opportunity to focus on a specialty or particular focus of interest.
<b>Meditation level II</b>	9h	In person or Zoom	The Level II class teaches next level pranayama (breathing) practices, as well as intermediate level meditation practices to deepen one's meditative state.
<b>HYMTA</b>	10h	In person	4 annual meetings covering varies topics for personal & teacher development
<b>Sunday Study</b>	15h	Zoom	Join fellow aspirants in a discussion of the leading scriptures of yoga philosophy and spirituality.
<b>Global Full Moon</b>	8h	Zoom	Connect with the collective energy and deepen your own meditation.
<b>Meditation workbook</b>	3h	self study	Track your experience and development as you build a disciplined practice.
<b>Food Journal</b>	3h	self study	Chart how foods, eating times and mood affect your mind, body, behavior and practice.
			{all costs included in Tuition Deposit}