Curriculum: *	**Month 1**	**Month 2**	**Month 3**	**Month 4**	**Month 5**	**Month 6**	**Month 7**	**Month 8**	**Month 9**	**Month 10**	**Month 11**	**Month 12**	**Month 13**	**Month 14**	**Month 15**
* revised 17 July, 2024	July	August	September	October	November	December	January '25	February '25	March '25	April '25	May '25	June '25	July '25	August '25	Sept '25
				Assimilate		Assimilate		Assimilate							
Core Intensive: Meditation	10 hrs/mo			& Catch up		& Catch up		& Catch up							
Core Intensive: Self Inquiry & Contemplation		8 hrs/mo													
Core Intensive: CI & Statement Process			8 hrs/mo												
Intensive: 8 Limbs of Yoga class					9 hrs/mo										
Helen's Books					9 hrs/mo		8 hrs/mo								
Intensitive: Teaching Methods Class	4 hrs/mo	6 hrs/mo	4 hrs/mo						2 hrs/week				2 hrs/wk	2 hrs/wk	w/feedback
Application of Student's Core Teaching Specialty									2 hrs/week	2 hrs/week	2 hrs/week				
Connecting with Our Main Deities and Enhancing Our Own Spiritual Pathway						8 hrs/mo	8 hrs/mo								
50 hours Teaching in Your Specialty															
Meet with Specialty Cohort: Read, Share, Work															
Meet Buddies (2 or 3) Sharing Experiences															
Scripture: Vasistha's Yoga	Part 1	Part 2	Part 2	Part 3	Part 3	Part 3	Part 3	Part 3	Part 4	Part 4	Part 4			Assimilate	Catch up
Scripture: Uddhava Gita	Ch 1	Ch 1	Ch 2	Ch2	Ch 3	Ch 3	Ch 4	Ch 4	Ch 5	Ch 5	Ch 6	Ch 6		Assimilate	Catch up
Scripture: Patanjali's Yoga Sutras	Samadhi	Samadhi	Samadhi	Samadhi	Sadhana	Sadhana	Sadhana	Sadhana	Vibhuti	Vibhuti	Vibhuti	Vibhuti		Assimilate	Catch up
Recommended: Yoga Asanas - Min. 10 Minutes Daily															