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 1st November, 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							
Core Intensive: Meditation	10 hrs/mo			& 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					**10 hrs/mo**										
Helen's Books					**4 hrs/mo**	**10 hrs/mo**	**4 hrs/mo**								
Intensitive: Teaching Methods Class	4 hrs/mo	6 hrs/mo	4 hrs/mo						**8 hrs/mo**				**8 hrs/mo**	**8 hrs/mo**	w/feedback
Application of Student's Core Teaching Specialty									**8 hrs/mo**	**8 hrs/mo**	**8 hrs/mo**				
Connecting with Our Main Deities and Enhancing Our Own Spiritual Pathway							**8 hrs/mo**								
Quantity of 2-hour classes required	**7** classes	**7** classes	**6** classes	**0** classes	**7** classes	**5** classes	**6** classes	**0** classes	**8** classes	**4** classes	**4** classes	**0** classes	**4** classes	**4** classes	**?**
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 2	Ch 3	Ch 3	Ch 3	Ch 4	Ch 4	Ch 4	Ch 5	Ch 5	Ch 5	Catch up
Scripture: Patanjali's Yoga Sutras	Samadhi	Samadhi	Samadhi	Samadhi	Sadhana	Sadhana	Sadhana	Sadhana	Sadhana	Vibhuti	Vibhuti	Vibhuti	Vibhuti	Assimilate	Catch up
* Due dates for group reports are posted on the website in "AP Swadhya"															
Recommended Yoga Asanas Minimum 10 Minutes Daily															