

SCHEDULE

SUNDAY, July 28

4:00-6:00 p.m.

Check-In (Room available after 5:00 p.m.)

8:00-10:30 p.m.

Satsang: Meet-and-greet, Chant, Meditate, Explanation

MONDAY, July 29

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Five Elements of Vinyasa

1:45-3:45 p.m.

Lecture: What is Yoga?

4:00-6:00 p.m.

Lecture: Six Pillars, 15 Offerings (Urban Sadhu Yoga Method)

8:00-10:30 p.m.

Satsang: The Subtle Body: Koshas, Prana, Chakras, Kundalini

TUESDAY, July 30

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY 10-Step Warm-up

1:45-3:45 p.m.

Lecture: The Art of Yoga Asana Assist

4:00-6:00 p.m.

Lecture: The Energetics of Yoga Asana

8:00-10:30 p.m.

Satsang: Shakti=Energy (Root Cause)

WEDNESDAY, July 31

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Anatomy Part 1

1:45-3:45 p.m.

Lecture: Anatomy Part 2

4:00-6:00 p.m.

Lecture: Anatomy Part 3

8:00-10:30 p.m.

Satsang: Anatomy Part 4

THURSDAY, August 1

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Sun Salutations

1:45-3:45 p.m.

Lecture: Practical Sanskrit for Yoga Teachers

4:00-6:00 p.m.

Lecture: Practical Sanskrit for Yoga Teachers

8:00-10:30 p.m.

Satsang: Practical Sanskrit for Yoga Teachers

FRIDAY, August 2

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Standing Asanas

1:45-3:45 p.m.

Lecture: Practical Sanskrit for Yoga Teachers, Part 2

4:00-6:00 p.m.

Lecture: Practical Sanskrit for Yoga Teachers, Part 2

8:00-10:30 p.m.

Satsang: A Conversation with Hari-kirtana das and Austin Sanderson

SATURDAY, August 3

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Balancing Asanas

1:45-3:45 p.m.

Lecture: Say What You Mean, Mean What You Say

4:00-6:00 p.m.

Lecture: Small Group Teaching (SGT):Vocal Training

8:00-10:30 p.m.

Satsang: The Yoga Sutras of Patanjali: Kleshas, Yamas, Niyamas and Eight Limbs

SUNDAY, August 4

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Forward Folds

1:45-3:45 p.m.

Lecture: Unseen Roadblocks

4:00-6:00 p.m.

Lecture: SGT- 10-Step Warm-up

8:00-10:30 p.m.

Satsang: *Myths & Yoga Asana* (Devdutt film)

MONDAY, August 5

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Twisting

1:45-3:45 p.m.

Lecture: Ending Violations

4:00-6:00 p.m.

Lecture: SGT- Sun Salutations

8:00-10:30 p.m.

Satsang: Veganism, an Expression of Ahimsa (Eating Our Way To Extinction)

TUESDAY, August 6

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Backbending

1:45-3:45 p.m.

Lecture: Vinyasa Krama

4:00-6:00 p.m.

Lecture: The Art of Vinyasa Krama Sequencing Within the Urban Sadhu Yoga Method

8:00-10:30 p.m.

Satsang: Transformation (Enlighten Up)

WEDNESDAY, August 7

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Arm Balancing

1:45-3:45 p.m.

Lecture: Hatha Yoga Pradipika

4:00-6:00 p.m.

Lecture: SGT- Standing Sequence

8:00-10:30 p.m.

Satsang: *Ramayana* (Devdutt film)

THURSDAY, August 8

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Hip Openers

1:45-3:45 p.m.

Lecture: Pranayama, Mudras, Meditation

4:00-6:00 p.m.

Lecture: SGT- Forward Folds Sequencing

8:00-10:30 p.m.

Satsang: *Mahabharata* (Devdutt film)

FRIDAY, August 9

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Shoulder Stand

1:45-3:45 p.m.
Mid-Term Exam

4:00-6:00 p.m.
Lecture: SGT- Twist Sequencing

8:00-10:30 p.m.
Satsang: Joy Vs. Happiness (Mantra: Sounds into Silence)

SATURDAY, August 10

8:00-8:30 a.m.
Chant/Mantra

8:30-9:15 a.m.
Meditation and Journaling

9:15-10:35 a.m.
Open Class Practice

10:35-12:30 a.m.
Asana Lab: Handstand, Forearm Stand

1:45-3:45 p.m.
Lecture: Bhagavad Gita

4:00-6:00 p.m.
Lecture: SGT- Backbend Sequencing

8:00-10:30 p.m.
Satsang: Karma and The Law of Karma

SUNDAY, August 11

8:00-8:30 a.m.
Chant/Mantra

8:30-9:15 a.m.
Meditation and Journaling

9:15-10:35 a.m.
Open Class Practice

10:35-12:30 a.m.
Asana Lab: Savasana

1:45-3:45 p.m.

Lecture: Shiva Sutras, Kashmir Shaivism

4:00-6:00 p.m.

Lecture: SGT- Shoulder Stand Sequencing

8:00-10:30 p.m.

Satsang: Nondualism and Dualism (Inner Worlds Outer Worlds)

MONDAY, August 12

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Express Class

1:45-3:45 p.m.

Lecture: Judgment, Social Justice & Yoga

4:00-6:00 p.m.

Lecture: SGT- Headstand Sequencing

8:00-10:30 p.m.

Satsang: Is Yoga Political? (Fierce Light: When Spirit Meets Action)

TUESDAY, August 13

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Fundamental Class, week 1

1:45-3:45 p.m.

Lecture: Being in Service

4:00-6:00 p.m.

Lecture: SGT- Savasana and Meditation Sequencing

8:00-10:30 p.m.

Why Are Teachers Important? (*Awake: The Life of Yogananda*)

WEDNESDAY, August 14

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Fundamental Class, week 2

1:45-3:45 p.m.

Karma Yoga

4:00-6:00 p.m.

Karma Yoga

8:00-10:30 p.m.

Satsang: Sit With It, an Evening of Mauna

THURSDAY, August 15

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Fundamental Class, week 3

1:45-3:45 p.m.

Lecture: Devdutt Pattanaik

4:00-6:00 p.m.

Lecture: Devdutt Pattanaik

8:00-10:30 p.m.

Satsang: Inspiring Dharma Talks

FRIDAY, August 16

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Fundamental Class, week 4

1:45-3:45 p.m.

Lecture: Ethics in the Yoga Industry

4:00-6:00 p.m.

SGT- Open Class

8:00-10:30 p.m.

Devdutt Pattanaik's Workshop begins How Mythology Can Expand Your Mind

SATURDAY, August 17

Devdutt Pattanaik's Workshop How Mythology Can Expand Your Mind

SUNDAY, August 18

Devdutt Pattanaik's Workshop How Mythology Can Expand Your Mind

MONDAY, August 19

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Foundational Vinyasa Class, week 1

1:45-3:45 p.m.

Walking Meditation

4:00-6:00 p.m.

SGT- Open Class

8:00-10:30 p.m.

Satsang: Dharma Talk & Chant

TUESDAY, August 20

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Foundational Vinyasa Class, week 2

1:45-3:45 p.m.

Lecture: Working as a Yoga Teacher

4:00-6:00 p.m.

SGT- Open Class

8:00-10:30 p.m.

Satsang: Dharma Talk & Chant/ Game Show Questions

WEDNESDAY, August 21

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Foundational Vinyasa Class, week 3

1:45-3:45 p.m.

Lecture: Diversity in Yoga

4:00-6:00 p.m.

SGT- Open Class

8:00-10:30 p.m.

Satsang: Spiritual Bypasser (*My Octopus Teacher*)

THURSDAY, August 22

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Foundational Vinyasa Class, week 4

1:45-3:45 p.m.

Drill

4:00-6:00 p.m.

SGT- Open Class

8:00-10:30 p.m.

Satsang: Lurking in the Shadows

FRIDAY, August 23

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Tri-Guna Class

1:45-3:45 p.m.

Final Exam

4:00-6:00 p.m.

SGT- Open Class

8:00-10:30 p.m.

Satsang: Hallelujah... Enlightenment!

SATURDAY, August 24

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: USY Chakras Reunification Class

1:45-3:45 p.m.

Lecture: USY Branding Rules

4:00-6:00 p.m.

Review: Final Exam

8:00-10:30 p.m.

Satsang: Graduation

SUNDAY, August 25

8:00-8:30 a.m.

Chant/Mantra

8:30-9:15 a.m.

Meditation and Journaling

9:15-10:35 a.m.

Open Class Practice

10:35-12:30 a.m.

Asana Lab: Next Steps for USY Teachers

1:45-3:45 p.m.

Leave Campus