



The American Yoga Academy

Yoga Teacher Training Course
300-Hour **Meeting Schedule**

✓	Date	Meetings	Notes
		Information Session	
		Introduction and Goals	
		Primordial Sound Meditation Part 1 - Origins and Mantra	
		Primordial Sound Meditation Part 2 - Higher States of Consciousness	
		Presentation Topic	
		Presentation Outline	
		Perfect Health Part 1 - Ayurveda Lifestyle	
		Perfect Health Part 2 - Ayurveda Lifestyle	
		Presentation Paper Review	
		Final Presentation and Effective Feedback Discussion	

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