

Itinerary – Multi-Style YTTC Galapagos 2023

	Activities/Excursions	Daily Workshop
DAY 1 <i>Sun 2</i>	Transportation to YogaBay Settle in and relax by the waterfront	Welcoming gathering Course Description Evening AirYoga
DAY 2 <i>Mon 3</i>	Kayak To Punta Estrada/beach time Movie Night	Cleansing Techniques (Shatkarma) The Origins and Philosophy of Yoga. The Historical and Philosophical Framework
DAY 3 <i>Tue 4</i>	Speed Boat & Hike to Tortuga Bay Beach	Free Day / Adventure
DAY 4 <i>Wed 5</i>	Walking Meditation to “Las Grietas” 5h30 AM	AirYoga TTC The Art of Teaching Yoga I: Methodology and Pedagogy Vinyasa Yoga – Spanda & Breathing Techniques Student’s Thesis / Brainstorming
DAY 5 <i>Thu 6</i>	Highlands Adventure Explore a Permaculture farm and snack with local organic produce	Permaculture & Regenerative Culture The Art of Teaching Yoga II: Observations & Adjustments
DAY 6 <i>Fri 7</i>	Kayak & Snorkel at YogaBay / Beach Day	Body Techniques I: Alignment Principles How to enter and exit postures
DAY 7 <i>Sat 8</i>	Visit to Charles Darwin Station “La Ratonera Beach”	The Art of Teaching Yoga III: Body Techniques II: Partner Yoga
DAY 8 <i>Sun 9</i>	Kirtan / Circle of Fire	Student’s Class I: Design & Feedback Description of exercises and variations I.
DAY 9 <i>Mon 10</i>	Shatkarma at “Las Grietas” Movie Night	Anatomy I: Skeleton, muscle groups, muscle functions, most frequent pathologies. Playshop: Class Observations.
DAY 10 <i>Tue 11</i>	Spontaneous mood	Free Day / Student’s project
DAY 11 <i>Wed 12</i>	Evening Meditation in “Las Ninfas Lake”	Yoga Therapy, Benefits & Goals Student’s Class Rehearsal
DAY 12 <i>Thu 13</i>	Highlands Adventure at “Galapagos Magic” Lunch with Giant Galapagos Tortoises	Student’s Thesis: Feedback. The Yoga Postures (âsanas) I: sequencing, their meaning, execution, benefits.
DAY 13 <i>Fri 14</i>	Kayak & Snorkel at YogaBay / Beach Day	Anatomy II and Physiology, Risk management, methodological elements for safe practices. Student’s project/Classes
DAY 14	Las Grietas 5h30	Art Playshop

<i>Sat 15</i>		Postures (âsanas) II
DAY 15 <i>Sun 16</i>	Kirtan/ Circle of Fire	The use of mental techniques: Bandas, Mudras & Kriyas
DAY 16 <i>Mon 17</i>	Movie Night	Student's Class Design II Feedback
DAY 17 <i>Tue 18</i>	Spontaneous mood	Free Day
DAY 18 <i>Wed 19</i>	Day at "Garrapatero Beach"	Meditative techniques according to the Tibetan, Hindu, Japanese, and American traditions.
DAY 19 <i>Thu 20</i>	Highlands Adventure	Mantra or use of sound as a door to meditation
DAY 20 <i>Fri 21</i>	Kayak & Snorkel at YogaBay / Beach Day	AcroYoga Student's Class II
DAY 21 <i>Sat 22</i>	Shakti Boom at "Las Grietas"	Prânâyâma (breathing technology)
DAY 22 <i>Sun 23</i>	Dance/ Contact Impro Kirtan/ Circle of Fire	Prathyâhâra, the management of emotions
DAY 23 <i>Mon 24</i>	Movie Night	Tantra Yoga
DAY 24 <i>Tue 25</i>	Experiential Training	Student's Thesis Presentation
DAY 25 <i>Wed 26</i>	Spontaneous mood	Free Day
DAY 26 <i>Thu 27</i>	Experiential Training	Experiential Training
DAY 27 <i>Fri 28</i>	Farewell dinner	Experiential Training
DAY 28 <i>Sat 29</i>	Transfer to Baltra's Airport	<3