

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