



300 hrs Intensive Hatha Yoga TTC Online Course (Intermediate to Advanced Level) Self Practice Sheet

Name _____

Student IYATT No: _____

| Sl.No. | Date | Recommended Class | Master | Practice Remarks | Student Signature |
|--------|------|------------------------|--------|------------------|-------------------|
| 1 | | Hatha Yoga (B) | | | |
| 2 | | Hatha Flow | | | |
| 3 | | Yin Yoga | | | |
| 4 | | Detox Yoga | | | |
| 5 | | Pranayama & Meditation | | | |
| 6 | | Back Care Yoga | | | |
| 7 | | Power Yoga (B) | | | |
| 8 | | Core Yoga | | | |
| 9 | | Slimming Yoga | | | |
| 10 | | Inverse Yoga (B) | | | |

You can choose classes based on your schedule flexibility and switch to different ones if the recommended ones don't work for you. Begin with beginner level classes and gradually move on to intermediate and advanced levels. 'B' stands for beginner classes, while 'M' indicates multi-level ones. Stay open-minded during group classes and feel free to ask the teacher any questions about your practice after the class.

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|--------|------|-------------------------------|--------|------------------|-------------------|
| 11 | | Power Yoga (B) | | | |
| 12 | | Sun Vinyasa | | | |
| 13 | | Back Care Yoga | | | |
| 14 | | Pranayama & Meditation | | | |
| 15 | | Hatha Yoga (B) | | | |
| 16 | | Yoga Balance | | | |
| 17 | | Hatha Yoga Alignment Focus | | | |
| 18 | | Inverse Yoga (M) | | | |
| 19 | | Yoga Therapy | | | |
| 20 | | Hatha Yoga (M) | | | |

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| 21 | | Yoga Balance | | | |
| 22 | | Destress Yoga | | | |
| 23 | | Hatha Yoga Alignment Focus | | | |
| 24 | | Ashtanga Vinyasa | | | |
| 25 | | Slimming Yoga | | | |
| 26 | | Back Care Yoga | | | |
| 27 | | Pranayama & Meditation | | | |
| 28 | | Hatha Yoga (B) | | | |
| 29 | | Core Yoga | | | |
| 30 | | Power Yoga (B) | | | |

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| 31 | | Hatha Yoga (M) | | | |
| 32 | | Hatha Flow | | | |
| 33 | | Yin Yoga | | | |
| 34 | | Detox Yoga | | | |
| 35 | | Hatha Yoga Alignment Focus | | | |
| 36 | | Back Care Yoga | | | |
| 37 | | Inverse Yoga (M) | | | |
| 38 | | Core Yoga | | | |
| 39 | | Slimming Yoga | | | |
| 40 | | Inverse Yoga (B) | | | |

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| 42 | | Core Yoga | | | |
| 43 | | Yoga Balance | | | |
| 44 | | Inverse Yoga (M) | | | |
| 45 | | Yoga Therapy | | | |
| 46 | | Yin Yoga | | | |
| 47 | | Inverse Yoga (B) | | | |
| 48 | | Hatha Yoga (B) | | | |
| 49 | | Hatha Yoga (M) | | | |
| 50 | | Pranayama & Meditation | | | |

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| 52 | | Inverse Yoga (B) | | | |
| 53 | | Back Care Yoga | | | |
| 54 | | Slimming Yoga | | | |
| 55 | | Hatha Yoga (M) | | | |
| 56 | | Detox Yoga | | | |
| 57 | | Inverse Yoga (M) | | | |
| 58 | | Pranayama & Meditation | | | |
| 59 | | Destress Yoga | | | |

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