200 hrs Intensive Hatha Yoga TTC Online Course - Basic to Intermediate 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		Yoga Therapy			
8		Core Yoga			
9		Slimming Yoga			
10		Power 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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Name _____ **Student IYATT No:** _____

Sl.No.	Date	Recommended Class	Master	Practice Remarks	Student Signature
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		Prenatal Yoga			
19		Yoga Therapy			
20		Restorative Yoga			

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Name _____ **Student IYATT No:** _____

Sl.No.	Date	Recommended Class	Master	Practice Remarks	Student Signature
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		Destress Yoga			
30		Yoga Therapy			

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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Name _____ **Student IYATT No:** _____

Sl.No.	Date	Recommended Class	Master	Remarks	Signature
31		Hatha Yoga (M)			
32		Hatha Flow			
33		Yin Yoga			
34		Detox Yoga			
35		Hatha Yoga Alignment Focus			
36		Back Care Yoga			
37		Yin Yoga			
38		Core Yoga			
39		Slimming Yoga			
40		Inverse Yoga (B)			

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