



How to Prepare for Yoga Teacher Training

One month prior to the Yoga Teacher Training course, we invite you to explore the yogic lifestyle in order to prepare your bodies and minds in advance for the experience of Ashram life and the intensive YTT schedule. Please do this in conjunction with the appropriate YTT Prep Course on Akhandanda Yoga Online:

- Try incorporating some vegetarian (sattvic) meals into your day or week if you are not already vegetarian.
 - If you are lacto-ovo vegetarian, try omitting eggs.
 - If you eat some vegetarian meals each week, try increasing a bit.
- Establish a daily meditation practice.
 - If you have not meditated before, try just sitting erect and watching your breath body upon waking or before going to bed. Also, try the classes on Akhandanda Yoga Online.
 - Start with five minutes every day upon waking or before bed. In week one, meditate for 5 minutes. In week two, meditate for 7 minutes. In week three, try meditating for 15 minutes. In week four, try meditating for 20 minutes. If you miss a day, just carry on.
- Practice yoga asana daily preferably in the morning before eating or in the late afternoon before dinner. Alternately, a very relaxing practice before bed. To help you with this and also to prepare you for the YTT classroom, we've designed YTT Prep Courses in the Series section of www.akhandayogaonline.com and will give you a three-month coupon code so you have access to the prep courses. The classes in the prep course are short 30-40 minute classes and will hopefully provide a great introduction into a daily home practice and prepare you for the teaching practicum.
- Also, don't forget to watch the Wisdom Talks and the posture workshop videos highlighted in the YTT 300 Prep Course, and if your YTT 200 was not with Akhandanda Yoga, we recommend also doing the YTT 200 prep course.

You can use the following chart to track your practice for the 30 days prior to the course. Please bring it with you to the YTT and we will explore it during a bonding activity at the beginning of the course.

Om Shanti,
Chétana

_____’s Practice Chart

Days	Yoga (write time or class name)	Meditation (write time and style or comments)	Vegetarian Meals (write which meals were vegetarian that day)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			

Days	Yoga (write time or class name)	Meditation (write time and style or comments)	Vegetarian Meals (write which meals were vegetarian that day)
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			

Congratulations!