

# Himalayan Institute

## 300-Hour Teacher Training

with

### HI Faculty

Webinar Sessions: Sample Weekly Schedule - not final  
Template for days, times; all times Eastern Time

#### Monday

10:00 a.m. – 12 noon

Morning Session

2:00 p.m. – 4:00 p.m.

Afternoon Session

7:00 p.m. – 8:30 p.m.

Evening Session

**Tuesday** no sessions

#### Wednesday

10:00 a.m. – 12:00 p.m.

Morning Session

2:00 p.m. – 4:00 p.m.

Afternoon Session

7:00 p.m. – 8:30 p.m.

Evening Session

#### Thursday

10:00 a.m. – 11:30 a.m.

Morning Session

2:00 p.m. – 5:00 p.m.

Afternoon Session

7:00 p.m. – 8:30 p.m.

Evening Session

**Friday** no sessions

#### Saturday

10:00 a.m. – 12:00 p.m.

Morning Session

7:00 p.m. – 8:30 p.m.

Evening Session

#### Sunday

10:00 a.m. – 12:00 p.m.

Morning Session

2:00 p.m. – 3:00 p.m.

Afternoon Session

7:00 p.m. – 8:30 p.m.

Evening Session