

Training Schedule

	Saturday	Sunday	Public Holiday		Total Hours
	Date	Date	Date	Time	
Week 1	Oct-21	Oct-22	Oct-23 (Monday)	12:30-17:30 (5h)	15
Week 2	Oct-28	Oct-29		12:30-17:30 (5h)	10
Week 3	Nov-4	Nov-5		12:30-17:30 (5h)	10
Week 4	Nov-11	Nov-12		12:30-17:30 (5h)	10
Week 5	Nov-18	Nov-19		12:30-17:30 (5h)	10
Week 6	Nov-25	Nov-26		12:30-17:30 (5h)	10
Week 7	Dec-2	Dec-3		12:30-17:30 (5h)	10
Week 8	Dec-9	Dec-10		12:30-17:30 (5h)	10
Week 9	Dec-16	Dec-17		12:30-17:30 (5h)	10
Christmas & NY Break					
Week 10	Jan-6	Jan-7		12:30-17:30 (5h)	10
Week 11	Jan-13	Jan-14		12:30-17:30 (5h)	10
Week 12	Jan-20	Jan-21		12:30-17:30 (5h)	10
Week 13	Jan-27	Jan-28		12:30-17:30 (5h)	10
Week 14	Feb-3	Feb-4		12:30-17:30 (5h)	10
CNY Break					
Week 15	Feb-24	Feb-25		12:30-17:30 (5h)	10
Week 16	Mar-2	Mar-3		12:30-17:30 (5h)	10
Week 17	Mar-9	Mar-10		12:30-17:30 (5h)	10
Week 18	Mar-16	Mar-17		12:30-17:30 (5h)	10
Week 19	Mar-23	Mar-24	Mar-29	12:30-17:30 (5h)	15
Easter Break					
Week 20	Apr-6	Apr-7		12:30-17:30 (5h)	10
Week 21	Apr-13	Apr-14		12:30-17:30 (5h)	10
Week 22	Apr-20	Apr-21		12:30-17:30 (5h)	10
Week 23	Apr-27	Apr-28		12:30-17:30 (5h)	10

Lead Teacher Hours 240h

Other Requirement

Self study 50h

Practice & Other Requirements:

IKIGAI Group Classes = 165h
 Assisting Classes = 10h (to be completed by 31/12/2024)
 Teaching Classes = 5h (to be completed by 31/12/2024)
 Karma Yoga (Charity Hours) = 10h

210h

Additional Activities (20h):

Visiting temple (Spiritual)
 DB retreat
 Hike + Yoga
 Sunday Beach day

TOTAL 500h