

TATTVAVA YOGA SPAIN · ALMA DEL BÚHO · ANDALUSIA

300-Hour Ashtanga Vinyasa Teacher Training

Advanced | Hybrid Format: 20-Day Residential Immersion + Online Integration

Alma del Búho Retreat Centre, Andalusia, Spain

300TOTAL
HOURS**180h**

RESIDENTIAL

120hONLINE / SELF-STUDY &
PRACTICE

CURRICULUM OVERVIEW

Asana Practice **120h**

40h Residential · 40h Online · 40h Self-Practice & Journalled Documentation of Progress, Adaptations & Experience

Teaching, Adjustments & Alignment **50h**

50h Residential

Pranayama **20h**

20h Residential

Meditation & Yoga Nidra **24h**

24h Residential

Philosophy, Texts & History **33h**

18h Classes · 15h Reading & Written Work

Anatomy & Biomechanics **30h**

6–8h Residential · ~22h Online

Ayurveda: Texts, History & Practice **15h**

10h Classes · 5h Reading & Written Work

Self-Study & Assignments **12h**

Journal · Reflections · Observation

Core Texts:

Yoga Sutra · Bhagavad Gita · Hatha Yoga Pradipika · Samkhya Karika · Sharira Sthana sections from Brihat Trayi

PROGRAM STRUCTURE

RESIDENTIAL IMMERSION — 20 DAYS · 180H

Daily Schedule

07:00–08:00	Pranayama
08:00–10:00	Mysore Style Ashtanga
10:00–12:00	Brunch
12:30–13:30	Yoga Nidra / Meditation
13:30–15:00	Philosophy / Ayurveda / Biomechanics Workshop
15:00	Nutritious Snack / Tea
16:30–19:00	Alignment / Adjustment / Teaching Methodology
19:15	Dinner
21:00	Meditation
21:30	Noble Silence begins until morning

ONLINE / SELF-STUDY & PRACTICE — 120H

- Asana training (40h)
- Anatomy coursework
- Philosophy reading (15h)
- Self-study & assignments