

Recommended study schedule

How to use the recommended study schedule:

Pick one of the 3 suggested schedules, the one which fits best your weekly routine and try to stick to it until the course is completed, especially if you've chosen to receive feedbacks. This will help you in building consistency.

Plan every week the time you're going to dedicate to the course and complete the suggested classes as per indicated time per week. The given time refers both to studying the video tutorials and to your personal practice. You might use the downloadable audios for your practice.

Revise all the fresh learnt material at least once before recording videos for the assessments.

Keep practicing what you've learnt in the previous classes for all the duration of the course.

Fast Pace

Course duration: 5 weeks

Commitment: 5 hrs/week + 3 assessments and feedbacks.

WEEK 1	WEEK 2	After completing week 2	WEEK 3	WEEK 4	After completing week 4	WEEK 5	After completing week 5
1. Introduction 2. Bhumi Pranam TC 4. Taala practice	3.1 Basic Positions (Chouka) 3.2 Basic Positions (Tribhanga) TC1. Hastabhinaya	Submit 1st assessment and receive feedback from the teacher (optional)	4. Torso movements TC 2. Śirā Bheda, Grīva Bheda, Dṛṣṭi Bheda	5.1 Pliés in Chouka 5.2 Pliés in Tribhanga	Submit 2nd assessment and receive feedback from the teacher (optional)	6.1 Change of feet positions (chouka) 6.2 Change of feet positions (tribhanga) TC 3. Pada Bheda	Submit last assessment and receive feedback from the teacher (optional)

Medium Pace

Course duration: 9 weeks

Commitment: 2 hrs/week + 3 assessments and feedbacks

WEEK 1	WEEK 2	WEEK 3	After completing week 3
1. Introduction 2. Bhumi Pranam	3.1 Basic Positions (Chouka) 3.2 Basic Positions (Tribhanga)	TC 1. Hastabhinaya	Submit 1st assessment and receive feedback from the teacher (optional)
WEEK 4	WEEK 5	WEEK 6	After completing week 6
4. Torso Movements	TC 2. Śirā Bheda, Grīva Bheda, Dṛṣṭi Bheda	5.1 Pliés in Chouka 5.2 Pliés in Tribhanga	Submit 2nd assessment and receive feedback from the teacher (optional)
WEEK 7	WEEK 8	WEEK 9	After completing week 9
TC 3. Pada Bheda	6.1 Change of feet positions - chouka 6.2 Change of feet positions - tribhanga	TC 4. Taala practice	Submit last assessment and receive feedback from the teacher (optional)

Slow Pace

Course duration: 12 weeks

Commitment: 1 hr/week + 3 assessments and feedbacks

WEEK 1	WEEK 2	WEEK 3	WEEK 4	After completing week 4
1. Introduction 2. Bhumi Pranam	TC 1. Hastabhinaya	3. 1 Basic Positions (Chouka)	3. 2 Basic Positions (Tribhanga)	Submit 1st assessment and receive feedback from the teacher (optional)
WEEK 5	WEEK 6	WEEK 7	WEEK 8	After completing week 8
4. Torso Movements	TC 2. Śirā Bheda, Grīva Bheda, Dṛṣṭi Bheda	5.1 Pliés in Chouka	5.2 Pliés in Tribhanga	Submit 2nd assessment and receive feedback from the teacher (optional)
WEEK 9	WEEK 10	WEEK 11	WEEK 12	After completing week 12
TC 3. Pada Bheda	6.1 Change of feet positions - chouka	6.2 Change of feet positions - tribhanga	TC 4. Taala practice	Submit last assessment and receive feedback from the teacher (optional)

Submitting the assessments is an option and not mandatory to complete the course. You may choose this option if you would like to get personal corrections to enhance your personal practice or if you wish to access the individual classes later. You'll find detailed instructions for the assessments in a dedicated area of the course.