

21-day sadhana immersion.

A 50-hour foundations course in yoga philosophy, practice, breath, meditation, Sanskrit, and the subtle body.

September 9 – 30, 2026 · Miami in person + online

Open to curious students and current yoga teachers. Yoga Alliance CEUs available.

THE ESSENTIALS

DATES	September 9 – September 30, 2026 · 21 days
FORMAT	Hybrid · Weekends in-person in Miami · Weekday modules online
HOURS	50-Hour Course (56.75 contact hours) · YA CEUs Cat. 1, 2, 3
FACULTY	Samantha Reynolds · Pooja Mamadapalli
TUITION	\$650 · Paid in full at enrollment · No deposit
ADMISSIONS	Deadline August 31 · Rolling admissions thereafter
PAYMENT	Credit card online · or bank transfer to save on card fees – email us

Register at gocafenamaste.com/foundationsofyoga

THE SCHEDULE · MOST IMPORTANT

three weeks. in-person + online.

The Immersion runs alongside Weeks 1–3 of the 200-Hour program. Saturdays run 9:30 AM – 12:30 PM and 1:30 – 4:30 PM with a lunch break. Sundays run 12:00 – 5:00 PM. Every session is recorded except the Saturday morning practice (9:30 – 11:00 AM) and Sunday practice sessions – those are live only.

WEEK 1 · SEPT 9 – 13 · WHAT IS YOGA + HISTORY OF YOGA

Wed Sept 9

7:00 – 9:00 PM	Orientation · What Is Yoga, yoga as a living tradition	Sam + Pooja	ONLINE
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Sat Sept 12

9:30 – 11:00 AM	Opening Practice · Signature Flow introduction	Sam	IN PERSON
11:00 – 12:30 PM	Asana Lab · Surya Namaskar A + B, alignment foundations	Sam	IN PERSON
12:30 – 1:30 PM	Lunch break		
1:30 – 4:30 PM	History + Roots of Yoga · Vedas, Upanishads, Classical, Hatha, Modern	Pooja	IN PERSON/ONLINE

Sun Sept 13

12:00 – 2:00 PM	Yoga Sutras Part 1 · Patanjali, the Samkhya framework, citta vritti nirodhah	Pooja	IN PERSON/ONLINE
2:15 – 3:00 PM	Respiratory Anatomy · breath mechanics, how air enters and leaves the body	Pooja	IN PERSON/ONLINE
3:00 – 4:00 PM	Pranayama Foundations · ujjayi introduction	Pooja	IN PERSON/ONLINE
4:00 – 5:00 PM	Pranayama Practice	Pooja	IN PERSON/ONLINE

WEEK 2 · SEPT 14 – 20 · LANGUAGE + PHILOSOPHY + SUBTLE BODY

Mon–Fri Sept 14 – 25

7:00 – 8:00 AM	Morning Practice · Signature Flow via Zoom, every weekday	Sam	ONLINE
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Mon Sept 14

7:00 – 9:00 PM	Sanskrit Part 1 · key terms, pronunciation, alphabet mechanics	Pooja	ONLINE
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Wed Sept 16

7:00 – 9:00 PM	Yoga Sutras Part 2 · the mind, practice, and nonattachment	Pooja	ONLINE
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Sat Sept 19

9:30 – 11:00 AM	Practice · Signature Flow	Sam	IN PERSON
11:00 – 12:30 PM	Asana Lab · standing poses, alignment, modifications	Sam	IN PERSON
12:30 – 1:30 PM	Lunch break		
1:30 – 4:30 PM	Pranayama · Nadi Shodhana + Subtle Body Systems: prana, nadis, koshas, chakras	Pooja	IN PERSON/ONLINE

Sun Sept 20

12:00 – 3:00 PM	Yoga Sutras Part 3 · the kleshas and the Eight Limbs	Pooja	IN PERSON/ONLINE
3:00 – 4:00 PM	Understanding Sun A/B – breaking it down	Sam	IN PERSON/ONLINE
4:00 – 5:00 PM	Restorative Practice · savasana, supported poses, guided relaxation	Sam	IN PERSON/ONLINE

WEEK 3 · SEPT 21 – 27 · NIYAMAS + SUTRAS IN DEPTH + BREATH

Mon Sept 21

7:00 – 9:00 PM	Sanskrit Part 2 · asana names, philosophical terms, chanting vocabulary	Pooja	ONLINE
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Wed Sept 23

7:00 – 9:00 PM	Yoga Sutras Part 4 · yamas and niyamas in daily life	Pooja	ONLINE
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Sat Sept 26

9:30 – 11:00 AM	Signature Flow Practice	Sam	IN PERSON
11:00 – 12:30 PM	Floor Sequence Lab · seated, reclined, and closing postures (online by request)	Sam	IN PERSON
12:30 – 1:30 PM	Lunch break		
1:30 – 2:45 PM	Hatha Yoga Pradipika · classical Hatha framework + practice context	Pooja	IN PERSON/ONLINE
2:45 – 3:30 PM	Hatha Yoga Pradipika · beginner-level mantra + mudra practice	Pooja	IN PERSON/ONLINE
3:30 – 4:30 PM	Pranayama Clinic · Anuloma Viloma, Kapalabhati, Bhramari	Pooja	IN PERSON/ONLINE

Sun Sept 27

12:00 – 1:30 PM	Meditation in Practice · building a daily meditation habit	Sam	IN PERSON/ONLINE
1:30 – 3:30 PM	Home Practice Design · asana, pranayama, meditation, rest	Sam	IN PERSON/ONLINE
3:30 – 4:00 PM	Foundations Integration + Closing Circle	Sam	IN PERSON/ONLINE
4:00 – 5:00 PM	Restorative Practice · closing the Foundations Sadhana	Sam	IN PERSON/ONLINE

CLOSING WEEK · SEPT 28 – 30 · INTEGRATION + CULTURAL RESPECT

Mon Sept 28

7:00 – 9:00 PM	Sanskrit Part 3 · chanting mechanics, lineage pronunciation	Pooja	ONLINE
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Wed Sept 30

7:00 – 9:00 PM	Yoga in the Modern World · honoring tradition, practicing with respect · Immersion concludes	Sam + Pooja	ONLINE
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THE WEEKEND RHYTHM

Saturdays · 9:30 AM – 12:30 PM practice + labs, lunch break, then 1:30 – 4:30 PM lecture and clinic, held at The Kampong in Coconut Grove. Sundays · 12:00 – 5:00 PM, held in the Downtown area or Central Grove based on group size.

Every session is recorded except the Saturday 9:30 – 11:00 AM practice and Sunday practice sessions.

SADHANA CURRICULUM

what you'll learn.

PHILOSOPHY

The eight limbs, Yoga Sutras of Patanjali, and the Bhagavad Gita as a living text.

YAMAS + NIYAMAS

The ten ethical foundations of yoga applied to modern life.

PRANAYAMA + BREATH

Nadi shodhana, ujjayi, kapalabhati, and the mechanics of the breath body.

ASANA · SIGNATURE FLOW

The Cafe Namaste Signature Flow – sequencing, alignment, intention.

SANSKRIT + MANTRA

Devanagari basics, chanting, and the sound-body of the tradition.

MEDITATION + SUBTLE BODY

Dharana, dhyana, chakras, koshas, and daily practice design.

WHO'S TEACHING

samantha reynolds

LEAD · E-RYT 500, MA

Founder of Cafe Namaste. 10+ years teaching. 300-Hour Ashtanga Vinyasa (Miami Life Center). Advanced study in Yin and the Bhagavad Gita with Prasad Rangnekar.

pooja mamadapalli

SANSKRIT + PHILOSOPHY · E-RYT 500, MA, MSC

Indian-born and trained. 500-Hour YTT in Bangalore. Sanskrit, chanting, mantra, and subtle-body teachings with academic depth in psychology.

ENROLLMENT

investment.

\$650

FULL TUITION · 50-HOUR IMMERSION COURSE

Paid in full at enrollment · No deposit · Deadline August 31, then rolling admissions

Tuition credits toward the full 200-Hour YTT if you upgrade by September 18.

Sign up online by credit card, or save on card fees by bank transfer – email hello@gocafenamaste.com[Register at gocafenamaste.com/foundationsofyoga](https://gocafenamaste.com/foundationsofyoga)

INCLUDED

- ✓ All weekend in-person intensives + weekday online modules
- ✓ Foundations manual, Yoga Sutras + Bhagavad Gita
- ✓ Sanskrit 101 three-part series
- ✓ Yoga Alliance CEUs (Categories 1, 2, 3) for current teachers
- ✓ Recordings of all sessions except the Saturday morning and Sunday practices

VENUES

Saturday sessions are held at The Kampong (National Tropical Botanical Garden) in Coconut Grove. Sunday sessions are held in the Downtown area or Central Grove, based on group size.

ready to commit to your practice?

gocafenamaste.com/foundationsofyoga · hello@gocafenamaste.com · 305-908-2410

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