200 Hour Teacher Training Program

5-Month Extended Format

Dates: April 5-August 25, 2013

Trainers: Birgitte Kristen & guest teacher Gigi Snyder

Location: YogaWorks Pacific Palisades-15327 Sunset Blvd

Contact: teachertrainingla@yogaworks.com; 310-664-6470 x 114

Tuition: $3200 when paid-in full by February 7
$3350 when paid-in-full by March 7
$3600 after March 7

Tuition includes unlimited yoga at all YogaWorks locations for the duration of the training- starting as early as **March 1**, once paid in full

Don't miss our Free Class & Information Session: Saturday February 16 from 2-4pm at our Montana Studio

Week	Date	Day	Start Time	End Time	Topic
Week 1	5-Apr	Friday	7:00PM	9:00PM	Welcome
	6-Apr	Saturday	11:15 AM	6:15 PM	Neutrally Rotated Standing Poses
	7-Apr	Sunday	1:00 PM	6:00 PM	Neutrally Rotated Standing Poses
Week 2	13-Apr	Saturday	11:15 AM	6:15 PM	Philosophy & Externally Rotated Standing Poses
	14-Apr	Sunday	1:00 PM	6:00 PM	Externally Rotated Standing Poses
Anatomy	20-Apr	Saturday	11:15 AM	6:15 PM	Anatomy
Weekend	21-Apr	Sunday	1:00 PM	6:00 PM	Anatomy
Week 3	4-May	Saturday	11:15 AM	6:15 PM	Philosophy & Surya Namaskar
	5-May	Sunday	1:00 PM	6:00 PM	Surya Namaskar
Week 4	18-May	Saturday	11:15 AM	6:15 PM	Philosophy & Inversions
	19-May	Sunday	1:00 PM	6:00 PM	Inversions
Week 5	1-Jun	Saturday	11:15 AM	6:15 PM	Philosophy & Twisting Poses
	2-Jun	Sunday	1:00 PM	6:00 PM	Simple Backbends
Week 6	15-Jun	Saturday	11:15 AM	6:15 PM	Pranayama & Urdvha Dhanurasana
	16-Jun	Sunday	1:00 PM	6:00 PM	How to Teach Beginners
Week 7	29-Jun	Saturday	11:15 AM	6:15 PM	Philosophy, Supta Padangustasana & Forward Bends
	30-Jun	Sunday	1:00 PM	6:00 PM	Twisting poses
Week 8	13-Jul	Saturday	11:15 AM	6:15 PM	Philosophy & Chair Backbends
	14-Jul	Sunday	1:00 PM	6:00 PM	Restoratives
Specialty Topic	27-Jul	Saturday	11:15 AM	6:15 PM	Ayurveda, Subtle Body, Practice Teaching
Weekend	28-Jul	Sunday	1:00 PM	6:00 PM	Practice Teaching & Prenatal yoga
Week 9	10-Aug	Saturday	11:15 AM	6:15 PM	Philosophy, Hip Openers & Arm Balances
	11-Aug	Sunday	1:00 PM	6:00 PM	Inversions & Abdominals
Week 10	24-Aug	Saturday	11:15 AM	6:15 PM	Final Practicum Prep & Business of Yoga
	25-Aug	Sunday	1:00 PM	6:00 PM	Final Practicum

Plus 18 classes taken thoughout the duration of the program allowing you to experience different styles, levels & methodologies