200 Hour Teacher Training Program

3-Month Weekend Format

Dates: January 4-March 24, 2013

Trainers: David Kim & Jesse Schein

Location: YogaWorks Pacific Palisades-15327 Sunset Blvd

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

Tuition: $3200 when paid-in full by November 5
$3350 when paid-in-full by December 5
$3600 after December 5

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

Don't miss our Free Class & Information Session: Sunday November 11 from 2-4pm at our Montana Studio

Week	Date	Day	Start Time	End Time	Topic
Week 1	4-Jan	Friday	7:00PM	9:00PM	Welcome
	5-Jan	Saturday	1:00 PM	6:00 PM	Neutrally Rotated Standing Poses
	6-Jan	Sunday	1:00 PM	6:00 PM	Neutrally Rotated Standing Poses
Week 2	11-Jan	Friday	7:00PM	9:00PM	Philosophy
	12-Jan	Saturday	1:00 PM	6:00 PM	Externally Rotated Standing Poses
	13-Jan	Sunday	1:00 PM	6:00 PM	Externally Rotated Standing Poses
Anatomy	18-Jan	Friday	7:00PM	9:00PM	Anatomy
Weekend	19-Jan	Saturday	1:00 PM	6:00 PM	Anatomy
	20-Jan	Sunday	1:00 PM	6:00 PM	Anatomy
Week 3	25-Jan	Friday	7:00PM	9:00PM	Asana (be prepared to practice)
	26-Jan	Saturday	1:00 PM	6:00 PM	Surya Namaskar
	27-Jan	Sunday	1:00 PM	6:00 PM	Surya Namaskar
Week 4	1-Feb	Friday	7:00PM	9:00PM	Philosophy
	2-Feb	Saturday	1:00 PM	6:00 PM	Inversions
	3-Feb	Sunday	1:00 PM	6:00 PM	Inversions
Week 5	8-Feb	Friday	7:00PM	9:00PM	Philosophy
	9-Feb	Saturday	1:00 PM	6:00 PM	Twisting Poses
	10-Feb	Sunday	1:00 PM	6:00 PM	Simple Backbends
Week 6	15-Feb	Friday	7:00PM	9:00PM	Pranayama
	16-Feb	Saturday	1:00 PM	6:00 PM	Urdvha Dhanurasana
	17-Feb	Sunday	1:00 PM	6:00 PM	How to Teach Beginners
Week 7	22-Feb	Friday	7:00PM	9:00PM	Philosophy
	23-Feb	Saturday	1:00 PM	6:00 PM	Supta Padangustasana & Forward Bends
	24-Feb	Sunday	1:00 PM	6:00 PM	Twisting poses
Week 8	1-Mar	Friday	7:00PM	9:00PM	Philosophy
	2-Mar	Saturday	1:00 PM	6:00 PM	Chair Backbends
	3-Mar	Sunday	1:00 PM	6:00 PM	Restoratives
Specialty Topic	8-Mar	Friday	7:00PM	9:00PM	Practice Teaching
Weekend	9-Mar	Saturday	1:00 PM	6:00 PM	Ayurveda & Subtle Body
	10-Mar	Sunday	1:00 PM	6:00 PM	Practice Teaching & Prenatal yoga
Week 9	15-Mar	Friday	7:00PM	9:00PM	Philosophy
	16-Mar	Saturday	1:00 PM	6:00 PM	Hip Openers & Arm Balances
	17-Mar	Sunday	1:00 PM	6:00 PM	Inversions & Abdominals
Week 10	22-Mar	Friday	7:00PM	9:00PM	In-Class Exam
	23-Mar	Saturday	1:00 PM	6:00 PM	Final Practicum Prep & Business of Yoga
	24-Mar	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