200 Hour Teacher Training Program

6-Month Extended Format

Dates: January 12-June 16, 2013
Trainers: Lainie Devina
Location: YogaWorks Westlake Village-2475 Townsgate Road
Contact: teachertrainingla@yogaworks.com; 310-664-6470 x 114
Tuition: $3200 when paid-in full by November 13
$3350 when paid-in-full by December 13
$3600 after December 13

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

Don't miss our Free Class & Information Session: Saturday December 1 from 11:00-1:00

Week	Date	Day	Start Time	End Time	Topic
Week 1	12-Jan	Saturday	11:00 AM	5:00 PM	Neutrally Rotated Standing Poses
	13-Jan	Sunday	11:00 AM	5:00 PM	Neutrally Rotated Standing Poses
Week 2	26-Jan	Saturday	11:00 AM	5:00 PM	Externally Rotated Standing Poses
	27-Jan	Sunday	11:00 AM	5:00 PM	Externally Rotated Standing Poses
Anatomy	9-Feb	Saturday	11:00 AM	5:00 PM	Anatomy with guest teacher
Weekend	10-Feb	Sunday	11:00 AM	5:00 PM	Anatomy with guest teacher
Week 3	23-Feb	Saturday	11:00 AM	5:00 PM	Surya Namaskar
	24-Feb	Sunday	11:00 AM	5:00 PM	Surya Namaskar
Week 4	9-Mar	Saturday	11:00 AM	5:00 PM	Inversions
	10-Mar	Sunday	11:00 AM	5:00 PM	Inversions
Week 5	23-Mar	Saturday	11:00 AM	5:00 PM	Standing Twists
	24-Mar	Sunday	11:00 AM	5:00 PM	Simple Backbends
Week 6	6-Apr	Saturday	11:00 AM	5:00 PM	Urdvha Dhanurasana
	7-Apr	Sunday	11:00 AM	5:00 PM	How to Teach Beginners
Week 7	20-Apr	Saturday	11:00 AM	5:00 PM	Supta Padangustasana, Forward Bends
	21-Apr	Sunday	11:00 AM	5:00 PM	Twisting Poses
Week 8	4-May	Saturday	11:00 AM	5:00 PM	Chair Backbends
	5-May	Sunday	11:00 AM	5:00 PM	Restoratives
Specialty Topic	18-May	Saturday	11:00 AM	5:00 PM	Practice teaching, Subtle Body, Ayurveda
Weekend	19-May	Sunday	11:00 AM	5:00 PM	Practice teaching/Review, Prenatal
Week 9	1-Jun	Saturday	11:00 AM	5:00 PM	Hip Openers, Arm Balances
	2-Jun	Sunday	11:00 AM	5:00 PM	Inversions, Abdominals
Week 10	15-Jun	Saturday	11:00 AM	5:00 PM	In Class test, Final Practicum Prep, Business of Yoga
	16-Jun	Sunday	11:00 AM	5:00 PM	Final Practicum

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