200 Hour Teacher Training Program

Weekend Format

Dates: April 6-June 16, 2013
Trainers: Sarah Bell & Julie Marx
Location: YogaWorks Teacher Training Center (474 Broadway, 3rd Floor, Soho, NYC, 10013)
Contact: teachertrainingny@yogaworks.com, 646-442-6206
Tuition: $3200 when paid-in full by February 7th
$3350 when paid-in-full by March 7th
$3600 after March 7th

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

Don't miss our Free Class & Info Session: Thursday, February 21st 6:30-8:30pm, Teacher Training Center (Soho)

Week	Date	Day	Start Time	End Time	Topic
Week 1	6-Apr	Saturday	12:00PM	6:00PM	Neutrally Rotated Standing Poses
	7-Apr	Sunday	12:00PM	6:00PM	Neutrally Rotated Standing Poses
	9-Apr	Tuesday	7:00 PM	9:00 PM	Anatomy
Week 2	13-Apr	Saturday	12:00PM	6:00PM	Externally Rotated Standing Poses
	14-Apr	Sunday	12:00PM	6:00PM	Externally Rotated Standing Poses
	16-Apr	Tuesday	7:00 PM	9:00 PM	Anatomy
Week 3	20-Apr	Saturday	12:00PM	6:00PM	Surya Namaskar
	21-Apr	Sunday	12:00PM	6:00PM	Surya Namaskar
	23-Apr	Tuesday	7:00 PM	9:00 PM	Anatomy
Week 4	27-Apr	Saturday	12:00PM	6:00PM	Inversions
	28-Apr	Sunday	12:00PM	6:00PM	Inversions
	30-Apr	Tuesday	7:00 PM	9:00 PM	Anatomy
Week 5	4-May	Saturday	12:00PM	6:00PM	Standing Twists
	5-May	Sunday	12:00PM	6:00PM	Simple Backbends
	7-May	Tuesday	7:00 PM	9:00 PM	Anatomy
Week 6	11-May	Saturday	12:00PM	6:00PM	Urdvha Dhanurasana
	12-May	Sunday	12:00PM	6:00PM	How to Teach Beginners
	14-May	Tuesday	7:00 PM	9:00 PM	Anatomy
Week 7	18-May	Saturday	12:00PM	6:00PM	Supta Padangustasana & Forward Bends
	19-May	Sunday	12:00PM	6:00PM	Twisting Poses
	21-May	Tuesday	7:00 PM	9:00 PM	Subtle Body
Week 8	1-Jun	Saturday	12:00PM	6:00PM	Chair Backbends
	2-Jun	Sunday	12:00PM	6:00PM	Restoratives
	4-Jun	Tuesday	7:00 PM	9:00 PM	Ayurveda
Week 9	7-Jun	Friday	7:00 PM	9:00 PM	Practice Teaching led by Assistants
	8-Jun	Saturday	12:00PM	6:00PM	Hip Openers, Arm Balances
	9-Jun	Sunday	12:00PM	6:00PM	Inversions, Abdominals
	11-Jun	Tuesday	7:00 PM	9:00 PM	Prenatal
Week 10	14-Jun	Friday	7:00 PM	9:00 PM	Exam Review and Practice Teaching
	15-Jun	Saturday	12:00PM	6:00PM	In Class test, Final Practicum Prep, Business of Yoga
	16-Jun	Sunday	12:00PM	6:00PM	Final Practicum

Plus 18 classes taken over the course of the program so that you can experience different styles, levels & methodologies