200 Hour Teacher Training Program

Intensive Format

Dates: March 18-April 12, 2013

Trainers: Jodie Rufty

Location: YogaWorks Teacher Training Center at 474 Broadway in Soho

Contact: teachertrainingny@yogaworks.com, 646-442-6206

Tuition: $3200 when paid-in full by January 15
$3350 when paid-in-full by February 15
$3600 after February 15

Tution includes unlimited yoga at all YogaWorks locations from February 18-May 31, once paid in full

Don't miss our Free Class & Info Session: Thursday February 7, 6:30-8:30, TT Center

Week	Date	Day	Start Time	End Time
Week 1	**Standing Poses (Neutrally and Externally Rotated)**			
	18-Mar	Monday	9:00 AM	6:00 PM
	19-Mar	Tuesday	9:00 AM	6:00 PM
	20-Mar	Wednesday	9:00 AM	6:00 PM
	21-Mar	Thursday	9:00 AM	6:00 PM
	22-Mar	Friday	9:00 AM	6:00 PM
Week 2	**Inversions, Sun Salutations, Simple Backbends & Pranayama**			
	25-Mar	Monday	9:00 AM	6:00 PM
	26-Mar	Tuesday	9:00 AM	6:00 PM
	27-Mar	Wednesday	9:00 AM	6:00 PM
	28-Mar	Thursday	9:00 AM	6:00 PM
	29-Mar	Friday	9:00 AM	6:00 PM
Week 3	**Twists, Backbends, Beginners, Abdominals & Arm Balances**			
	1-Apr	Monday	9:00 AM	6:00 PM
	2-Apr	Tuesday	9:00 AM	6:00 PM
	3-Apr	Wednesday	9:00 AM	6:00 PM
	4-Apr	Thursday	9:00 AM	6:00 PM
	5-Apr	Friday	9:00 AM	6:00 PM
Week 4	**Seated Twists, Restoratives, Chair Backbends, Hip Openers**			
	8-Apr	Monday	9:00 AM	6:00 PM
	9-Apr	Tuesday	9:00 AM	6:00 PM
	10-Apr	Wednesday	9:00 AM	6:00 PM
	11-Apr	Thursday	9:00 AM	6:00 PM
	12-Apr	Friday	9:00 AM	6:00 PM

Plus 8 required classes designed for you to experience different styles, levels and methodologies