200 Hour Teacher Training Program

6-Month Extended Format

Dates: September 7, 2013-February 16, 2014
Trainers: Nikki Estrada
Location: YogaWorks Mill Valley
Contact: teachertrainingnorcal@yogaworks.com; 310-664-6470 x 159
Tuition: $3200 when paid-in-full by July 9
$3350 when paid-in-full by August 8
$3600 after August 8

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

Don't Miss our Free Class & Information Session: Satuday July 27 from 12:30-2:30pm at our Mill Valley Studio

Week	Date	Day	Start Time	End Time	Topic
Week 1	7-Sep	Saturday	12:00PM	7:00PM	Neutrally Rotated Standing Poses & Welcome
	8-Sep	Sunday	12:30PM	5:30PM	Neutrally Rotated Standing Poses
Week 2	21-Sep	Saturday	12:00PM	7:00PM	Externally Rotated Standing Poses & Philosophy
	22-Sep	Sunday	12:30PM	5:30PM	Externally Rotated Standing Poses
Anatomy	4-Oct	Friday	7:00PM	10:00PM	Anatomy with guest teacher
Weekend	5-Oct	Saturday	12:00PM	4:30PM	Anatomy with guest teacher
	6-Oct	Sunday	12:30PM	5:00PM	Anatomy with guest teacher
Week 3	19-Oct	Saturday	12:00PM	7:00PM	Surya Namaskar
	20-Oct	Sunday	12:30PM	5:30PM	Surya Namaskar
Week 4	2-Nov	Saturday	12:00PM	7:00PM	Inversions & Philosophy
	3-Nov	Sunday	12:30PM	5:30PM	Inversions
Week 5	16-Nov	Saturday	12:00PM	7:00PM	Standing Twists & Philosophy
	17-Nov	Sunday	12:30PM	5:30PM	Simple Backbends
Week 6	30-Nov	Saturday	12:00PM	7:00PM	Urdvha Dhanurasana & Pranayama
	1-Dec	Sunday	12:30PM	5:30PM	How to Teach Beginners
Week 7	14-Dec	Saturday	12:00PM	7:00PM	Supta Padangustasana, Forward Bends & Philosophy
	15-Dec	Sunday	12:30PM	5:30PM	Twisting Poses
Week 8	4-Jan	Saturday	12:00PM	7:00PM	Chair Backbends & Philosophy
	5-Jan	Sunday	12:30PM	5:30PM	Restoratives
Specialty Topic	18-Jan	Saturday	12:00PM	7:00PM	Practice teaching, Subtle Body, Prenatal
Weekend	19-Jan	Sunday	12:30PM	5:30PM	Practice teaching/Review, Ayurveda
Week 9	1-Feb	Saturday	12:00PM	7:00PM	Hip Openers, Arm Balances
	2-Feb	Sunday	12:30PM	5:30PM	Inversions, Abdominals
Week 10	15-Feb	Saturday	12:00PM	7:00PM	In Class test, Final Practicum Prep, Business of Yoga
	16-Feb	Sunday	12:30PM	5:30PM	Final Practicum

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