200 Hour Teacher Training Program

Weekend Format

Dates: April 12 - June 30, 2013

Trainers: Kori Strobl & Michelle McKay

Location: YogaWorks Costa Mesa

Contact: teachertrainingoc@yogaworks.com/949-281-1820

Tuition: $3200 when paid-in full by February 11
$3350 when paid-in-full by March 13
$3600 after March 13

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

Don't miss our Free Class & Info Session: Saturday March 2 from 12-2 (Costa Mesa Studio)

Week	Date	Day	Start Time	End Time	Topic
Week 1	12-Apr	Friday	7:30 PM	9:30 PM	Welcome
	13-Apr	Saturday	12:30 PM	6:00 PM	Neutrally Rotated Standing Poses
	14-Apr	Sunday	12:30 PM	7:00 PM	Neutrally Rotated Standing Poses & Anatomy
Week 2	19-Apr	Friday	7:30 PM	9:30 PM	Philosophy
	20-Apr	Saturday	12:30 PM	6:00 PM	Externally Rotated Standing Poses
	21-Apr	Sunday	12:30 PM	7:00 PM	Externally Rotated Standing Poses & Anatomy
Week 3	26-Apr	Friday	7:30 PM	9:30 PM	Asana (be prepared to practice)
	27-Apr	Saturday	12:30 PM	6:00 PM	Surya Namaskar
	28-Apr	Sunday	12:30 PM	7:00 PM	Surya Namaskar & Anatomy
Week 4	3-May	Friday	7:30 PM	9:30 PM	Philosophy
	4-May	Saturday	12:30 PM	6:00 PM	Inversions
	5-May	Sunday	12:30 PM	7:00 PM	Inversions & Anatomy
Week 5	10-May	Friday	7:30 PM	9:30 PM	Philosophy
	11-May	Saturday	12:30 PM	6:00 PM	Twisting Poses
	12-May	Sunday	12:30 PM	7:00 PM	Simple Backbends & Anatomy
Week6	17-May	Friday	7:30 PM	9:30 PM	Pranayama
	18-May	Saturday	12:30 PM	6:00 PM	Urdvha Dhanurasana
	19-May	Sunday	12:30 PM	7:00 PM	How to Teach Beginners & Anatomy
Week 7	31-May	Friday	7:30 PM	9:30 PM	Philosophy
	1-Jun	Saturday	12:30 PM	6:00 PM	Supta Padangustasana & Forward Bends
	2-Jun	Sunday	12:30 PM	5:00 PM	Twisting poses
Week 8	7-Jun	Friday	7:30 PM	9:30 PM	Philosophy
	8-Jun	Saturday	12:30 PM	6:00 PM	Chair Backbends
	9-Jun	Sunday	12:30 PM	5:00 PM	Restoratives
Specialty Topics	14-Jun	Friday	7:30 PM	9:30 PM	Practice Teaching
	15-Jun	Saturday	12:30 PM	6:00 PM	Ayurveda & Subtle Body
	16-Jun	Sunday	12:30 PM	5:00 PM	Practice Teaching & Prenatal yoga
Week 9	21-Jun	Friday	7:30 PM	9:30 PM	Philosophy
	22-Jun	Saturday	12:30 PM	6:00 PM	Hip Openers & Arm Balances
	23-Jun	Sunday	12:30 PM	5:00 PM	Inversions & Abdominals
Week 10	28-Jun	Friday	7:30 PM	9:30 PM	In-Class Exam
	29-Jun	Saturday	12:30 PM	6:00 PM	Final Practicum Prep & Business of Yoga
	30-Jun	Sunday	12:30 PM	5:00 PM	Final Practicum

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