

200 Hour Teacher Training Program

Intensive Format

Dates: January 7-February 1, 2013

Trainers: Jessica Seabern

Location: Yoga Works Costa Mesa

Contact: teachertrainingoc@yogaworks.com, 949.281.1820

Tuition: \$3200 when paid-in full by November 8

\$3350 when paid-in-full by December 8

\$3600 after December 8

Tution includes unlimited yoga at all YogaWorks locations from December 1 to March 1, once paid in full

Don't miss our Free Class & Info Session: Saturday December 1 from 12-2pm (Costa Mesa)

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Week	Date	Day	Start Time	End Time
Week 1	Standing Poses (Neutrally and Externally Rotated)			
	7-Jan	Monday	7:30 AM	4:30 PM
	8-Jan	Tuesday	7:30 AM	4:30 PM
	9-Jan	Wednesday	7:30 AM	4:30 PM
	10-Jan	Thursday	7:30 AM	4:30 PM
	11-Jan	Friday	7:30 AM	4:30 PM
Week 2	Inversions, Sun Salutations, Simple Backbends & Pranayama			
	14-Jan	Monday	7:30 AM	4:30 PM
	15-Jan	Tuesday	7:30 AM	4:30 PM
	16-Jan	Wednesday	7:30 AM	4:30 PM
	17-Jan	Thursday	7:30 AM	4:30 PM
	18-Jan	Friday	7:30 AM	4:30 PM
Week 3	Twists, Backbends, Beginners, Abdominals & Arm Balances			
	21-Jan	Monday	7:30 AM	4:30 PM
	22-Jan	Tuesday	7:30 AM	4:30 PM
	23-Jan	Wednesday	7:30 AM	4:30 PM
	24-Jan	Thursday	7:30 AM	4:30 PM
	25-Jan	Friday	7:30 AM	4:30 PM
Week 4	Seated Twists, Restoratives, Chair Backbends, Hip Openers			
	28-Jan	Monday	7:30 AM	4:30 PM
	29-Jan	Tuesday	7:30 AM	4:30 PM
	30-Jan	Wednesday	7:30 AM	4:30 PM
	31-Jan	Thursday	7:30 AM	4:30 PM
	1-Feb	Friday	7:30 AM	4:30 PM

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