200-Hour Teacher Training Program

Weekend Format Training

Dates: January 19 - June 30, 2013

Location: BYS Yoga
1113 East Carson Street
Pittsburgh PA 15203

Trainer: Anna Gilbert Zupon

Contact: Kristi Rogers at (412) 481.YOGA (9642) or info@bys-yoga.com

Tuition: $3150 by Friday, December 7, 2012; $3400 after

Info Sessions: Session starts with a FREE CLASS taught by Anna, followed by Q&A
Saturday, September 22nd, 2012 from 1-3pm
Sunday, October 14th, 2012 from 3-5pm
Tuesday, November 27th 2012, from 7:30-9 pm
Space Limited. Please RSVP to sign-up.

Immersion Workshops: Deepen and refine your asana practice and get a glimpse into the deeper layers of yoga with our weekend immersion.
Saturday & Sunday, November 10 & 11 from 12:30-6:30
Contact us for pricing and further details!

Week	Date	Day	Start Time	End Time	Hours	Topic
Week 1	19-Jan	Saturday	12:30 PM	7:30 PM	7	Welcome, Neutrally Rotated Standing Poses & Philosophy
	20-Jan	Sunday	12:30 PM	5:30 PM	5	Neutrally Rotated Standing Poses
Week 2	26-Jan	Saturday	12:30 PM	7:30 PM	7	Externally Rotated Standing Poses & Philosophy
	27-Jan	Sunday	12:30 PM	5:30 PM	5	Externally Rotated Standing Poses
Week 3	16-Feb	Saturday	12:30 PM	7:30 PM	7	Inversions & Asana
	17-Feb	Sunday	12:30 PM	5:30 PM	5	Inversions
Anatomy	23-Feb	Saturday	12:30 PM	7:30 PM	7	Anatomy
	24-Feb	Sunday	12:30 PM	5:30 PM	5	Anatomy
Week 4	16-Mar	Saturday	12:30 PM	7:30 PM	7	Surya Namaskar & Philosophy
	17-Mar	Sunday	12:30 PM	5:30 PM	5	Surya Namaskar
Week 5	6-Apr	Saturday	12:30 PM	7:30 PM	7	Standing Twists, Simple Backbends & Pranayama
	7-Apr	Sunday	12:30 PM	5:30 PM	5	Standing Twists, Simple Backbends
Week 6	13-Apr	Saturday	12:30 PM	7:30 PM	7	Urdvha Dhanurasana
	14-Apr	Sunday	12:30 PM	5:30 PM	5	How to Teacher Beginners & Pranayama
Week 7	4-May	Saturday	12:30 PM	7:30 PM	7	Seated Forward Bends & Philosophy
	5-May	Sunday	12:30 PM	5:30 PM	5	Seated Twists
Week 8	11-May	Saturday	12:30 PM	7:30 PM	7	Philosophy & Chair Backbends
	12-May	Sunday	12:30 PM	7:30 PM	7	Restoratives & Subtle Body
Week 9	1-Jun	Saturday	12:30 PM	7:30 PM	7	Pranayama & Ashtanga
	2-Jun	Sunday	12:30 PM	7:30 PM	7	YogaWorks Classic & Prenatal
Week 10	8-Jun	Saturday	12:30 PM	7:30 PM	7	Philosophy, Hip Openers & Padmasana
	9-Jun	Sunday	12:30 PM	7:30 PM	7	General Practice & Principles of Ayurveda
Week 11	22-Jun	Saturday	12:30 PM	7:30 PM	7	Shoulder Focus & Inversion Review
	23-Jun	Sunday	12:30 PM	7:30 PM	7	Arm Balances
Week 12	29-Jun	Saturday	12:30 PM	7:30 PM	7	Practice Teach & In-Class Exam
	30-Jun	Sunday	12:30 PM	7:30 PM	7	Final Teaching Practicum & Closing

***Topic schedule is subject to change