yogaworks
IT'S THAT SIMPLE

HEAT YOGA

200 Hour Teacher Training Program

Extended Format

Dates: **January 18 - June 2, 2013**
Location: Heat Yoga
6818 Hemlock Lane
Maple Grove, MN 55369
Contact: Nikki at nikkilee@heatyogastudio.com
Trainer: Chrissy Canning
Tuition: $3000 when paid-in-full by September 14; $3150 when paid-in-full before December 7, 2012; $3400 after December 7
Info Session: November 10 from 10am-12pm. Begins with a FREE mini-class with your trainer! Space is limited, so please RSVP to hold your spot.
Classes: *17 additional classes allowing you to experience different styles, levels, and methodologies

Week	Date	Day	Start Time	End Time	Hours	
Session 1						
	18-Jan	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	19-Jan	Saturday	9:00 AM	6:00 PM	9	Neutral & External Rotation Poses
	20-Jan	Sunday	9:00 AM	6:00 PM	9	Neutral & External Rotation Poses
Session 2						
	15-Feb	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	16-Feb	Saturday	9:00 AM	6:00 PM	9	Surya Namaskar
	17-Feb	Sunday	9:00 AM	6:00 PM	9	Surya Namaskar
Session 3						
	15-Mar	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	16-Mar	Saturday	9:00 AM	6:00 PM	9	Inversions
	17-Mar	Sunday	9:00 AM	6:00 PM	9	Inversions & Subtle Body
Session 4						
	12-Apr	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	13-Apr	Saturday	9:00 AM	6:00 PM	9	Standing & Seated Twists, & Pre-Natal Yoga
	14-Apr	Sunday	9:00 AM	6:00 PM	9	Simple Backbends & Pranayama
Session 5						
	26-Apr	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	27-Apr	Saturday	9:00 AM	6:00 PM	9	Urdvha Dhanurasana
	28-Apr	Sunday	9:00 AM	6:00 PM	9	Teaching Beginners
Session 6						
	10-May	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	11-May	Saturday	9:00 AM	6:00 PM	9	Chair Backbends & Ayurveda
	12-May	Sunday	9:00 AM	6:00 PM	9	Forward Bends & Restoratives
Session 7						
	31-May	Friday	4:00 PM	8:00 PM	4	Review for In-Class Exam & Practice Teaching
	1-Jun	Saturday	9:00 AM	6:00 PM	9	Hip Openers, Abdominals & Arm Balances and In-Class Exam
	2-Jun	Sunday	9:00 AM	6:00 PM	9	Final Practice Teach & Closing Ceremonies

**17 classes to be taken at your leisure between January 18 and June 2*