Professional Program Schedule in Partnership with LifeCore Yoga: September 14, 2012 - April 7, 2013

Mentors:

Jeanne Heileman

Carmen Fitzgibbon

For more info and to register: Please contact Allison at allison@lifecoreyoga.com

Tuition: $4200 if paid in full by September 5; $4500 if paid in full after September 5. Mentor matching will begin on September 5.

***Price includes Immersion Weekend. Discount available for those who have completed a YogaWorks 200 hour program. Contact us for details!!*

Program Location: Life Core Yoga

Taking Class: You must take 34 classes with approved teachers

Asana Practicum: You must attend the asana practicums once per month

Mentor Meetings: You must attend 2 mentor meetings per month. One of which will be in person (noted below), and one of which will be via a conference call

WS#	Date	Day	Time	Location	Topic	Teacher
0	14-Sep	Fri	5-9pm	LifeCore Yoga	Immersion Weekend (for non-YogaWorks 200hour grads)	Carmen & Jeanne
0	15-Sep	Sat	9am-6pm	LifeCore Yoga	Immersion Weekend (for non-YogaWorks 200hour grads)	Carmen & Jeanne
0	16-Sep	Sun	9am-6pm	LifeCore Yoga	Immersion Weekend (for non-YogaWorks 200hour grads)	Carmen & Jeanne
1	Oct 19	Fri	6-9pm	LifeCore Yoga	Asana Practicum	Carmen Fitzgibbon
1	Oct 20	Sat	1-7:30pm (break from 3-3:30)	LifeCore Yoga	Mentor Meeting & Welcome Circle/Standing Poses: Adjustments, Variations, Observations	Carmen Fitzgibbon
1	Oct 21	Sun	12:30-4:30pm	LifeCore Yoga	Forward Bends & Twists: Adjustments, Variations, Observations	Carmen Fitzgibbon
2	Oct 27	Sat	1-9:30pm (break from 5-5:30pm)	LifeCore Yoga	Subtle Body and an Introduction to Meditation; parts 1&2	Teacher TBD
3	Nov 02	Fri	6-9pm	LifeCore Yoga	Asana Practicum	Carmen Fitzgibbon
3	Nov 03	Sat	1-7:30pm (break from 3-3:30)	LifeCore Yoga	Mentor Meeting & Inversions: Adjustments, Variations, Observations	Carmen Fitzgibbon
3	Nov 04	Sun	12:30-4:30pm	LifeCore Yoga	Inversions: Adjustments, Variations, Observations	Carmen Fitzgibbon
4	Nov 17	Sat	1-5pm	LifeCore Yoga	Ayurvedic Principles in the Classroom	Teacher TBD
4	Nov 18	Sun	12:30-4:30pm	LifeCore Yoga	How to teach Pre-Natal yoga	Teacher TBD
5	Nov 30	Fri	6-9pm	LifeCore Yoga	Asana Practicum	Jeanne Heileman
5	Dec 01	Sat	1-7:30pm (break from 3-3:30)	LifeCore Yoga	Mentor Meeting & Backbends: Adjustments, Variations, Observations	Jeanne Heileman
5	Dec 02	Sun	12:30-4:30pm	LifeCore Yoga	Hands on Adjustments	Jeanne Heileman
6	Dec 15	Sat	1-5pm	LifeCore Yoga	Teaching Yoga to Kids	Teacher TBD
6	Dec 16	Sun	12:30-4:30pm	LifeCore Yoga	The Business of Yoga	Teacher TBD
7	Jan 04	Fri	6-9pm	LifeCore Yoga	Asana Practicum	Carmen Fitzgibbon
7	Jan 05	Sat	1-7:30pm (break from 3-3:30)	LifeCore Yoga	Mentor Meeting & Working with beginners weekend	Carmen Fitzgibbon
7	Jan 06	Sun	12:30-4:30pm	LifeCore Yoga	Working with beginners weekend	Carmen Fitzgibbon
8	Jan 19	Sat	1-9:30pm (break from 5-5:30pm)	LifeCore Yoga	Injury Management 1& 2	Teacher TBD
9	Feb 09	Sat	1-9:30pm (break from 5-5:30pm)	LifeCore Yoga	Injury Management 3 & 4	Teacher TBD
10	Feb 22	Fri	6-9pm	LifeCore Yoga	Asana Practicum	Jeanne Heileman
10	Feb 23	Sat	1-7:30pm (break from 3-3:30)	LifeCore Yoga	Mentor Meeting & Vinyasa Flow Day 1	Jeanne Heileman
10	Feb 24	Sun	12:30-4:30pm	LifeCore Yoga	Vinyasa Flow Day 2	Jeanne Heileman
11	Mar 09	Sat	1-5pm	LifeCore Yoga	Restoratives and relaxation response	Teacher TBD
11	Mar 10	Sun	12:30-4:30pm	LifeCore Yoga	Yoga for Chronic Illness	Teacher TBD
12	Mar 23	Sat	1-5pm	LifeCore Yoga	Teacher Student Relationship	Teacher TBD
13	Apr 05	Fri	6-9pm	LifeCore Yoga	Asana Practicum	Jeanne Heileman
13	Apr 06	Sat	1-7:30pm (break from 3-3:30)	LifeCore Yoga	Mentor Meeting & Advanced Asana	Jeanne Heileman
13	Apr 07	Sun	12:30-4:30pm	LifeCore Yoga	Projects & Closing Ceremony	Jeanne Heileman
	TBD	TBD	TBD	LifeCore Yoga	Sublist Audition	Studio Owner
Pranayama & Philosophy						
1	10/18	Thu	6:00-9:00pm	LifeCore Yoga	Pranayama & Bhagavad Gita	Teacher TBD
2	10/25	Thu	6:00-9:00pm	LifeCore Yoga	Pranayama & Bhagavad Gita	Teacher TBD
3	11/1	Thu	6:00-9:00pm	LifeCore Yoga	Pranayama & Yoga Sutras	Teacher TBD
4	11/8	Thu	6:00-9:00pm	LifeCore Yoga	Pranayama & Yoga Sutras	Teacher TBD
5	11/15	Thu	6:00-9:00pm	LifeCore Yoga	Pranayama & Yoga Unveiled	Teacher TBD
6	11/29	Thu	6:00-9:00pm	LifeCore Yoga	Pranayama & Upanishads	Teacher TBD
7	12/6	Thu	6:00-9:00pm	LifeCore Yoga	Pranayama & Pradipika	Teacher TBD
8	12/13	Thu	6:00-9:00pm	LifeCore Yoga	Pranayama & Intro to Tantra	Teacher TBD
9	12/20	Thu	6:00-9:00pm	LifeCore Yoga	Pranayama & Intro to Buddhism	Teacher TBD
10	1/10	Thu	6:00-9:00pm	LifeCore Yoga	Pranayama & Yoga for the different stages of life	Teacher TBD
Practice Teach Sessions						
1	1/17	Thu	6:00-8:00pm	LifeCore Yoga	Practice Teach 1	Teacher TBD
2	1/24	Thu	6:00-8:00pm	LifeCore Yoga	Practice Teach 2	Teacher TBD
3	1/31	Thu	6:00-8:00pm	LifeCore Yoga	Practice Teach 3	Teacher TBD
4	2/7	Thu	6:00-8:00pm	LifeCore Yoga	Practice Teach 4	Teacher TBD
5	2/14	Thu	6:00-8:00pm	LifeCore Yoga	Practice Teach 5	Teacher TBD
6	2/21	Thu	6:00-8:00pm	LifeCore Yoga	Practice Teach 6	Teacher TBD
7	2/28	Thu	6:00-8:00pm	LifeCore Yoga	Practice Teach 7	Teacher TBD
8	3/7	Thu	6:00-8:00pm	LifeCore Yoga	Practice Teach 8	Teacher TBD
9	3/14	Thu	6:00-8:00pm	LifeCore Yoga	Practice Teach 9	Teacher TBD
10	3/21	Thu	6:00-8:00pm	LifeCore Yoga	Practice Teach 10	Teacher TBD
11	3/28	Thu	6:00-8:00pm	LifeCore Yoga	Final Practice Teach Round 1	Teacher TBD
12	4/4	Thu	6:00-8:00pm	LifeCore Yoga	Final Practice Teach Round 2	Teacher TBD
Non-Workshop Hour Summary:						
	Date	**Day**	**Time**	**Location**	**Topic**	
1	2x per month	varies	2 hours	LifeCore Yoga/Varies per mentor	Two 2-hour meetings per month with mentor. One in person (noted on schedule), and one via phone (time to be decided with mentor group).	
2	1x per month	varies	3 hours	LifeCore Yoga	Asana Practicum	
3	1x per week	varies	1.5 hours	Varies per teacher	Taking 34 classes with approved teachers	