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hayley hobson
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200 Hour Teacher Training Program

Extended Format

Dates: May 17 - October 20th, 2013
Location: NoBo Pilates & Yoga, 5122 22nd Street, Boulder, CO 80304
Contact: Please contact Hayley Hobson at hayley@hayleyhobson.com or 303-886-7476
Trainer: John Gaydos
Tuition: $3150 if paid in full by March 1; $3250 if paid in full by April 12; $3400 if paid after
Info Sessions: Saturday, February 23 from 11am-1pm. Begins with a free class led by Hayley Hobson.
Saturday, April 6 from 11am-1pm. Begins with a free class led by Hayley Hobson.
RSVP to reserve your spot!
Classes: *17 additional classes allowing you to experience different styles, levels, and methodologies

Week	Date	Day	Start Time	End Time	Hours	Topic
Session 1	**Neutral & External Rotation Poses**					
	17-May	Friday	4:00 PM	8:00 PM	4	Welcome
	18-May	Saturday	9:00 AM	6:00 PM	9	Neutrally Rotated Standing Poses
	19-May	Sunday	9:00 AM	6:00 PM	9	Externally Rotated Standing Poses
Session 2	**Surya Namaskara**					
	21-Jun	Friday	4:00 PM	8:00 PM	4	Asana / Neutral & External Review
	22-Jun	Saturday	9:00 AM	6:00 PM	9	Surya Namaskar
	23-Jun	Sunday	9:00 AM	6:00 PM	9	Surya Namaskar
Session 3	**Inversions & Subtle Body**					
	12-Jul	Friday	4:00 PM	8:00 PM	4	Inversions
	13-Jul	Saturday	9:00 AM	6:00 PM	9	Inversions & Subtle Body
	14-Jul	Sunday	9:00 AM	6:00 PM	9	Inversions
Session 4	**Twists & Simple Backbends**					
	16-Aug	Friday	4:00 PM	8:00 PM	4	Standing Twists
	17-Aug	Saturday	9:00 AM	6:00 PM	9	Seated Twists
	18-Aug	Sunday	9:00 AM	6:00 PM	9	Simple Backbends
Session 5	**Urdhva Dhanurasana & Teaching Beginners**					
	6-Sep	Friday	4:00 PM	8:00 PM	4	Urdvha Dhanurasana
	7-Sep	Saturday	9:00 AM	6:00 PM	9	How to Teach Beginners
	8-Sep	Sunday	9:00 AM	6:00 PM	9	Ashtanga and Beginners
Session 6	**Chair Backbends, Forward Bends & Restoratives**					
	27-Sep	Friday	4:00 PM	8:00 PM	4	Forward Bends & Ayurveda
	28-Sep	Saturday	9:00 AM	6:00 PM	9	Chair Backbends
	29-Sep	Sunday	9:00 AM	6:00 PM	9	Restoratives & Relaxation Response
Session 7	**Hip Openers, Arm Balances, Abdominals and Final Exam & Practice Teach**					
	18-Oct	Friday	4:00 PM	8:00 PM	4	Arm Balances & Abdominals
	19-Oct	Saturday	9:00 AM	6:00 PM	9	Hip Openers & Lotus
	20-Oct	Sunday	9:00 AM	6:00 PM	9	In-Class Teaching & Closing

**17 classes to be taken at your leisure between May 17 through October 20*