200 Hour Teacher Training Program

Weekend Training

Dates: July 28 - November 11, 2012
Location: Yoga Soup
28 Parker Way; Santa Barbara, CA 93101
Contact Info: emma@yogasoup.com; 805-965-8811
Trainer: Gigi Snyder
Tuition: $3150 if paid in full by July info session, $3400 after info session
A $500 deposit is required to hold your spot.
Classes: Plus 24 additional classes taken throughout the duration of the program allowing you to experience different styles, levels & methodologies. Applicants receive 50% off all yoga classes during the training.
Info Session: Inquire within for date. Includes a free mini-class focused on arm balances with Gigi!
Space Limited. Please RSVP to sign-up.

Week	Date	Day	Start Time	End Time	Hours	Topic
Week 1	28-Jul	Saturday	12:30 PM	7:30PM	7	Neutrally Rotated Standing Poses & Philosophy
	29-Jul	Sunday	12:30PM	5:30PM	5	Neutrally Rotated Standing Poses
Anatomy	4-Aug	Saturday	12:30PM	7:30PM	7	Anatomy
	5-Aug	Sunday	12:30PM	5:30PM	5	Anatomy
Week 2	11-Aug	Saturday	12:30 PM	7:30PM	7	Externally Rotated Standing Poses & Philosophy
	12-Aug	Sunday	12:30PM	5:30PM	5	Externally Rotated Standing Poses
Week 3	25-Aug	Saturday	12:30 PM	7:30PM	7	Surya Namaskar
	26-Aug	Sunday	12:30PM	5:30PM	5	Surya Namaskar
Week 4	15-Sep	Saturday	12:30 PM	7:30PM	7	Inversions & Philosophy
	16-Sep	Sunday	12:30PM	5:30PM	5	Inversions
Week 5	22-Sep	Saturday	12:30 PM	7:30PM	7	Standing Twists, Simple Backbends & Philosophy
	23-Sep	Sunday	12:30PM	5:30PM	5	Standing Twists, Simple Backbends & Pre-Natal
Week 6	29-Sep	Saturday	12:30 PM	7:30PM	7	Urdvha Dhanurasana & Pranayama
	30-Sep	Sunday	12:30PM	5:30PM	5	How to Teach Beginners
Week 6	6-Oct	Saturday	12:30 PM	7:30PM	7	Subtle Body & Ayurveda
	7-Oct	Sunday	12:30PM	5:30PM	5	Introducing the Sacred & Practice Teaching
Week 7	13-Oct	Saturday	12:30 PM	7:30PM	7	Seated Forward Bends & Philosophy
	14-Oct	Sunday	12:30PM	5:30PM	5	Forward bends, Abdominals, Twists
Week 8	27-Oct	Saturday	12:30 PM	7:30PM	7	Chair Backbends & Philosophy
	28-Oct	Sunday	12:30PM	5:30PM	5	Restoratives, Mantra & Chanting
Week 9	3-Nov	Saturday	12:30 PM	7:30PM	7	Hip Openers & Arm Balances & Philosophy
	4-Nov	Sunday	12:30PM	5:30PM	5	Inversions Review, Abdominals
Week 10	10-Nov	Saturday	12:30 PM	7:30PM	7	In Class Exam & Final Practice Teach
	11-Nov	Sunday	12:30PM	5:30PM	5	Final Teaching Practicum & Closing Circle

***Topic schedule is subject to change