yogaworks

200 Hour Teacher Training Program

RYS 200
Registered Yoga School

Dates: **January 2 - May 19, 2013**
Location: University of California - Santa Barbara
Campus Yoga Room
Santa Barbara, CA
Note: While this training is held on the UCSB campus, this training is open to everyone who meets the requirements. Inquire within.
Trainer: Eka Ekong
Contact Info: Chelsea Friedman at 310.664.6470 ext. 159 or Chelseaf@yogaworks.com
Application Deadline: **Last Day to apply for the training: Friday, November 30, 2012. Applications will not be accepted after this date.**

Tuition: **$3150 if paid in full by 11/9; $3400 after 11/9**
Free Info Sessions: Saturday, November 3, 5-7pm
Come experience a YogaWorks class, Q&A and teacher training exercise led by your trainer.
Space Limited. RSVP to reserve your spot.

Week	Date	Day	Start Time	End Time	Hours	Topic
Week 1	2-Jan	Wednesday	9:00AM	6:00PM	8	Opening, Neutrally Rotated Standing Poses
	3-Jan	Thursday	9:00AM	6:00PM	8	Neutrally Rotated Standing Poses
	4-Jan	Friday	9:00AM	6:00PM	8	Externally Rotated Standing Poses
Weekend 1	12-Jan	Saturday	10:30AM	5:30PM	7	Externally Rotated Standing Poses & Surya Namaskar
	13-Jan	Sunday	10:30AM	3:30PM	5	Surya Namaskar
Weekend 2 - Anatomy	26-Jan	Saturday	11:00AM	5:00PM	6	Anatomy
	27-Jan	Sunday	11:00AM	5:00PM	6	Anatomy
Weekend 3	9-Feb	Saturday	10:30AM	5:30PM	7	Inversions & Philosophy
	10-Feb	Sunday	10:30AM	3:30PM	5	Inversions
Weekend 4	16-Feb	Saturday	10:30AM	5:30PM	7	Standing Twists, Simple Backbends & Philosophy
	17-Feb	Sunday	10:30AM	3:30PM	5	Standing Twists, Simple Backbends
Weekend 5	23-Feb	Saturday	10:30AM	5:30PM	7	Pranayama & Urdvha Dhanurasana
	24-Feb	Sunday	10:30AM	3:30PM	5	How to Teacher Beginners
Weekend 6	9-Mar	Saturday	10:30AM	5:30PM	7	Seated Forward Bends & Philosophy
	10-Mar	Sunday	10:30AM	5:30PM	7	Seated Twists & Subtle Body
Weekend 7	6-Apr	Saturday	10:30AM	5:30PM	7	Philosophy & Chair Backbends
	7-Apr	Sunday	10:30AM	5:30PM	7	Restoratives & Chanting
Weekend 8	13-Apr	Saturday	10:30AM	5:30PM	7	Pranayama & Ashtanga
	14-Apr	Sunday	10:30AM	5:30PM	7	YogaWorks Classic & Prenatal
Weekend 9	20-Apr	Saturday	10:30AM	5:30PM	7	Philosophy, Hip Openers & Padmasana
	21-Apr	Sunday	10:30AM	5:30PM	7	General Practice & Ayurveda
Weekend 10	4-May	Saturday	10:30AM	5:30PM	7	Shoulder Focus/Inversion Review & Philosophy
	5-May	Sunday	10:30AM	5:30PM	7	Arm Balances & Prep for Final
Weekend 11	18-May	Saturday	10:30AM	5:30PM	7	Practice Teach & In-Class Exam
	19-May	Sunday	10:30AM	5:30PM	7	Final Teaching Practicum & Closing Ceremony
				Total Sessions:	**168**	