yogaworks

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200 Hour Teacher Training Program

Weekend Format Training

Dates:	**July 7 - September 30, 2012**
Location:	Yoga Jones 105 S. Oak St. Suite 200 Ventura, CA 93001 www.yogajones.com
Trainer:	Hazel Patterson
Contact Info:	Contact Tina at 805-643-5669 or info@yogajones.com
Tuition:	*$3150 if paid in full by June 8; $3400 after June 8 A $500 deposit is required to hold your spot (included in your total tuition).
Classes:	*Plus 24 classes taken throughout the duration of the program allowing you to experience different styles, levels & methodologies. *Classes taught by Tina are 50% off for trainees throughout the duration of the program.
Free Info Session:	Saturday, June 2, 2-4pm Includes a YogaWorks style class, Q&A and a sample training activity, led by Hazel. Space is Limited. Please contact Tina ASAP to hold your spot.

Week	Date	Day	Start Time	End Time	Hours	Topic
Week 1	7-Jul	Saturday	12:00PM	7:00PM	7	Neutrally Rotated Standing Poses & Philosophy
	8-Jul	Sunday	12:00PM	5:00PM	5	Neutrally Rotated Standing Poses
Week 2	14-Jul	Saturday	12:00PM	7:00PM	7	Externally Rotated Standing Poses & Philosophy
	15-Jul	Sunday	12:00PM	5:00PM	5	Externally Rotated Standing Poses
Anatomy	21-Jul	Saturday	12:00PM	7:00PM	7	Anatomy
	22-Jul	Sunday	12:00PM	5:00PM	5	Anatomy
Week 3	28-Jul	Saturday	12:00PM	7:00PM	7	Surya Namaskar
	29-Jul	Sunday	12:00PM	5:00PM	5	Surya Namaskar
Week 4	4-Aug	Saturday	12:00PM	7:00PM	7	Inversions & Philosophy
	5-Aug	Sunday	12:00PM	5:00PM	5	Inversions
Week 5	11-Aug	Saturday	12:00PM	7:00PM	7	Standing Twists & Pre-Natal
	12-Aug	Sunday	12:00PM	7:00PM	7	Simple Backbends
Week Off	18-Aug	Saturday				
	19-Aug	Sunday				
Week 6	25-Aug	Saturday	12:00PM	7:00PM	7	Urdvha Dhanurasana & Pranayama
	26-Aug	Sunday	12:00PM	7:00PM	7	How to Teacher Beginners
Week Off	1-Sep	Saturday				
	2-Sep	Sunday				
Week 7	8-Sep	Saturday	12:00PM	7:00PM	7	Seated Forward Bends & Philosophy
	9-Sep	Sunday	12:00PM	7:00PM	7	Seated Twists & Subtle Body
Week 8	15-Sep	Saturday	12:00PM	7:00PM	7	Chair Backbends & Philosophy
	16-Sep	Sunday	12:00PM	7:00PM	7	Restoratives
Week 9	22-Sep	Saturday	12:00PM	7:00PM	7	Hip Openers, Arm Balances & Philosophy
	23-Sep	Sunday	12:00PM	7:00PM	7	Inversions Review, Abdominals & Ayurveda
Week 10	29-Sep	Saturday	12:00PM	7:00PM	7	In Class Exam & Final Practice Teach
	30-Sep	Sunday	12:00PM	7:00PM	7	Final Teaching Practicum & Closing Circle