



## **YogaWorks Bridge Program**

The YogaWorks Bridge program has been designed to give graduates of a non-YogaWorks 200-hour teacher training the basic foundations & principles that our 300-hour Professional Program is built upon. Participants in the bridge program will be attending the first half of our 200-hour program. This is a pre-requisite and it must be completed before your 300-hour program begins. See below for our basic template, but contact the teacher training department for the actual dates, times and to register.

To register for the Bridge Program, you must first submit a 300-Hour Program Application, along with your 300 Hour Program deposit. The price for the bridge is \$750 and includes a YogaWorks 200-hour Training Manual. You also can elect during your bridge to take the entire 200-hour program for an extra \$1075, for a total of \$1825. In the case where the training you have selected sells out, you will need to wait until the next teacher training where there is space available.

Along with completing the hours below, you will be given reading and writing assignments out of the 200-hour Manual. You can purchase the 200-hour required books for a 15% off discounted rate, or you can rent the books with a \$75 refundable deposit.

### **1) Complete the first SIX 13-hour Weekends in a 200-hour WEEKEND Teacher Training**

#### **Sample Schedules:**

- Saturday & Sunday from 12-6:30pm
- Fridays 7:30-9:30, Saturday and Sunday from 12-5:30pm

### **2) Complete the first EIGHT days in a 200-hour INTENSIVE Teacher Training**

#### **Sample Schedules:**

- Monday-Friday 8-5pm
- Monday-Friday 9-6pm

**\*\*Please visit our website to view upcoming trainings and detailed schedules\*\***