yogaworks
IT'S THAT SIMPLE

Professional Program Preliminary Schedule: February 2 -July 14, 2013 Los Angeles

Mentors: Jeanne Heileman, Thomas Taubman, Anne Van Valkenburg, Carmen Fitzgibbon, Dani Ibarra (Valencia), Alexandria Crow, David Lynch, Eka Ekong, Carolina Goldberg, Jennifer Elliott (Westlake Village)

Information Session: Wednesday, December 5 from 6-7pm Main Street

For more info and to register: Call 310-664-6470 x159 / professionalprogram@yogaworks.com

Tuition: $3500 if paid if full by November 15; $3750 if paid in full by December 13; $4000 if paid in full after December 13.

*Tuition includes unlimited yoga which can begin as early as January 1, once paid in full.

Weekend Workshop Locations: YW Westwood Studio (1256 Westwood Blvd, 90024)

Wednesday Night Location: YW Pacific Palisades (15327 Sunset Blvd Pacific Palisades, 90272)

Wednesday Nights: There will be a lecture for the first 9 Wednesday Nights, then you will alternate Wednesday's. See below.

Mentor Meetings: You will meet offsite with your mentor group, three times a month. Time and place will be determined by mentor.

WS#	Date	Day	Time	Location	Topic	Teacher
1	Feb 2	Sat	12:00-4:00pm	Westwood	Welcome Circle/Standing Poses: Adjustments, Variations, Observations	
1	Feb 3	Sun	12:00-4:00pm	Westwood	Inversions: Adjustments, Variations, Observations	
2	Feb 9	Sat	12:00-4:00pm	Westwood	Subtle Body and an Introduction to Meditation	
2	Feb 10	Sun	12:00-4:00pm	Westwood	Subtle Body and an Introduction to Meditation	
3	Feb 16	Sat	12:00-4:00pm	Westwood	Forward Bends & Twists: Adjustments, Variations, Observations	
3	Feb 17	Sun	12:00-4:00pm	Westwood	Hands on Adjustments	
4	Mar 2	Sat	12:00-4:00pm	Westwood	Working with beginners weekend	
4	Mar 3	Sun	12:00-4:00pm	Westwood	Working with beginners weekend	
5	Mar 9	Sat	12:00-4:00pm	Westwood	Injury Management 1	
5	Mar 10	Sun	12:00-4:00pm	Westwood	Injury Management 2	
6	Mar 23	Sat	12:00-4:00pm	Westwood	Injury Management 3	
6	Mar 24	Sun	12:00-4:00pm	Westwood	Injury Management 4	
7	Apr 6	Sat	12:00-4:00pm	Westwood	Finding your Purpose; Karma Yoga: Turn Intention into Action	
7	Apr 7	Sun	12:00-4:00pm	Westwood	Art of the Voice	
8	Apr 20	Sat	12:00-4:00pm	Westwood	Participate in Yoga Works 500-hour Certification	
8	Apr 21	Sun	12:00-4:00pm	Westwood	Participate in Yoga Works 500-hour Certification	
9	May 4	Sat	12:00-4:00pm	Westwood	Backbends: Adjustments, Variations, Observations	
9	May 5	Sun	12:00-4:00pm	Westwood	Teacher Student Relationship	
10	May 18	Sat	12:00-4:00pm	Westwood	Vinyasa Flow	
10	May 19	Sun	12:00-4:00pm	Westwood	Vinyasa Flow	
11	June 1	Sat	12:00-4:00pm	Westwood	How to Teach Advanced Asana	
11	June 2	Sun	12:00-4:00pm	Westwood	Business of Yoga	
12	June 15	Sat	12:00-4:00pm	Westwood	How to teach Pre and post-natal yoga	
12	June 16	Sun	12:00-4:00pm	Westwood	OFF	
13	June 29	Sat	12:00-4:00pm	Westwood	Restoratives and relaxation response	
13	June 30	Sun	12:00-4:00pm	Westwood	Yoga for Chronic Illness	
14	July 13	Sat	12:00-4:00pm	Westwood	Final Practice Teach #3	
14	July 14	Sun	12:00-4:00pm	Westwood	Closing Ceremony	
*	Aug 3	Sat	12:00-4:00pm	Westwood	Sublist Audition	
Wed #	**Date**	**Day**	**Time**	**Location**	**Topic**	
1	2/6	Wed	7:30pm-9:30pm	Pacific Palisades	Pranayama & Bhagavad Gita	
2	2/13	Wed	7:30pm-9:30pm	Pacific Palisades	Pranayama & Bhagavad Gita	
3	2/20	Wed	6:30pm-9:30pm	Pacific Palisades	Pranayama Yoga Unveiled	
4	2/27	Wed	6:30pm-9:30pm	Pacific Palisades	Pranayama & Yoga Sutras	
5	3/6	Wed	6:30pm-9:30pm	Pacific Palisades	Pranayama & Yoga Sutras	
6	3/13	Wed	6:30pm-9:30pm	Pacific Palisades	Pranayama & Upanishads	
7	3/20	Wed	6:30pm-9:30pm	Pacific Palisades	Pranayama & Hatha Yoga Pradipika	
8	3/27	Wed	6:30pm-9:30pm	Pacific Palisades	Pranayama & Intro to Tantra	
9	4/3	Wed	6:30pm-9:30pm	Pacific Palisades	Pranayama & Yoga for the different stages of life	
Each mentor group will be assinged one of the following three groups, for a total of 5 practice teach wednesday nigths.						
You will be notified of your group number the first week of the program						
	4/10	Wed	off	Pacific Palisades	OFF	
	4/17	Wed	off	Pacific Palisades	OFF	
	4/24	Wed	6:30pm-9:30pm	Pacific Palisades	Practice Teach group 1	
	5/1	Wed	6:30pm-9:30pm	Pacific Palisades	Practice Teach group 2	
	5/8	Wed	6:30pm-9:30pm	Pacific Palisades	Practice Teach group 3	
	5/15	Wed	6:30pm-9:30pm	Pacific Palisades	Practice Teach group 1	
	5/22	Wed	6:30pm-9:30pm	Pacific Palisades	Practice Teach group 2	
	5/29	Wed	6:30pm-9:30pm	Pacific Palisades	Practice Teach group 3	
	6/5	Wed	6:30pm-9:30pm	Pacific Palisades	Practice Teach group 1	
	6/12	Wed	6:30pm-9:30pm	Pacific Palisades	Practice Teach group 2	
	6/19	Wed	6:30pm-9:30pm	Pacific Palisades	Practice Teach group 3	
	6/26	Wed	off	Pacific Palisades	OFF	
	7/3	Wed	6:30pm-9:30pm	Pacific Palisades	Final Practice Teach #1 ALL groups	
	7/10	Wed	6:30pm-9:30pm	Pacific Palisades	Final Practice Teach #2 ALL groups	
Non-Workshop Hour Summary:						
	Date	**Day**	**Time**	**Location**	**Topic**	
1	3x per month	varies	varies	varies per mentor	Three 2-hour meeting per month with mentor group	
2	1 per week	varies	varies	varies per mentor	Assisting 24 classes with your mentor	
3	1 per week	varies	varies	varies per mentor	Taking 24 classes with your mentor	
4	varies	varies	varies	varies per mentor	Taking 10 additional classes with your mentor or another 300hour mentor	