200 Hour Teacher Training Program

6-Month Extended Format

Dates: September 21-February 16, 2014
Trainers: David Lynch
Location: YogaWorks South Bay
Contact: teachertrainingla@yogaworks.com; 310-664-6470 x 114
Tuition: $3200 when paid-in full by July 21
$3350 when paid-in-full by August 21
$3600 after August 21

Tuition includes unlimited yoga at all YogaWorks locations for the duration of the training starting as early as August 21, once paid in full

Don't Miss our Free Class & Information Session: Saturday August 10 from 2-4 pm at our South Bay Studio

Week	Date	Day	Start Time	End Time	Topic
Week 1	21-Sep	Saturday	1:15PM	7:15PM	Neutrally Rotated Standing Poses
	22-Sep	Sunday	1:15PM	7:15PM	Neutrally Rotated Standing Poses
Week 2	5-Oct	Saturday	1:15PM	7:15PM	Externally Rotated Standing Poses
	6-Oct	Sunday	1:15PM	7:15PM	Externally Rotated Standing Poses
Week 3	19-Oct	Saturday	1:15PM	7:15PM	Surya Namaskar
	20-Oct	Sunday	1:15PM	7:15PM	Surya Namaskar
Anatomy	1-Nov	Friday	7:15PM	9:15PM	Anatomy with guest teacher
Weekend	2-Nov	Saturday	1:15PM	6:15PM	Anatomy with guest teacher
	3-Nov	Sunday	1:15PM	6:15PM	Anatomy with guest teacher
Week 4	16-Nov	Saturday	1:15PM	7:15PM	Inversions
	17-Nov	Sunday	1:15PM	7:15PM	Inversions
Week 5	23-Nov	Saturday	1:15PM	7:15PM	Standing Twists
	24-Nov	Sunday	1:15PM	7:15PM	Simple Backbends
Week 6	7-Dec	Saturday	1:15PM	7:15PM	Urdvha Dhanurasana
	8-Dec	Sunday	1:15PM	7:15PM	How to Teach Beginners
Week 7	14-Dec	Saturday	1:15PM	7:15PM	Supta Padangustasana, Forward Bends
	15-Dec	Sunday	1:15PM	7:15PM	Twisting Poses
Week 8	4-Jan	Saturday	1:15PM	7:15PM	Chair Backbends
	5-Jan	Sunday	1:15PM	7:15PM	Restoratives
Specialty Topic	18-Jan	Saturday	1:15PM	7:15PM	Practice teaching, Subtle Body, Ayurveda
Weekend	19-Jan	Sunday	1:15PM	7:15PM	Practice teaching, Prenatal
Week 9	1-Feb	Saturday	1:15PM	7:15PM	Hip Openers, Arm Balances
	2-Feb	Sunday	1:15PM	7:15PM	Inversions, Abdominals
Week 10	15-Feb	Saturday	1:15PM	7:15PM	In Class test, Final Practicum Prep, Business of Yoga
	16-Feb	Sunday	1:15PM	7:15PM	Final Practicum

Plus 18 classes taken thoughout the duration of the program allowing you to experience different styles, levels & methodologies