200 Hour Teacher Training Program

6-Month Extended Format

Dates: January 12-June 16, 2013
Trainers: Ashley Rideaux
Location: YogaWorks Valencia-23951 Newhall Ranch Road
Contact: teachertrainingvalencia@yogaworks.com; 310-664-6470 x159
Tuition: $3200 when paid-in full by November 13
$3350 when paid-in-full by December 13
$3600 after December 13

Tuition includes unlimited yoga at all YogaWorks locations for the duration of the training- starting as early as **December 1**, once paid in full

Don't miss our Free Class & Information Session: Saturday November 17th from 12:30-2:30pm

Week	Date	Day	Start Time	End Time	Topic
Week 1	12-Jan	Saturday	10:30AM	5:30PM	Neutrally Rotated Standing Poses
	13-Jan	Sunday	12:30PM	5:30PM	Neutrally Rotated Standing Poses
Week 2	26-Jan	Saturday	10:30AM	5:30PM	Externally Rotated Standing Poses
	27-Jan	Sunday	12:30PM	5:30PM	Externally Rotated Standing Poses
Anatomy	9-Feb	Saturday	10:30AM	5:30PM	Anatomy with guest teacher
Weekend	10-Feb	Sunday	12:30PM	5:30PM	Anatomy with guest teacher
Week 3	23-Feb	Saturday	10:30AM	5:30PM	Surya Namaskar
	24-Feb	Sunday	12:30PM	5:30PM	Surya Namaskar
Week 4	9-Mar	Saturday	10:30AM	5:30PM	Inversions
	10-Mar	Sunday	12:30PM	5:30PM	Inversions
Week 5	23-Mar	Saturday	10:30AM	5:30PM	Standing Twists
	24-Mar	Sunday	12:30PM	5:30PM	Simple Backbends
Week 6	6-Apr	Saturday	10:30AM	5:30PM	Urdvha Dhanurasana
	7-Apr	Sunday	12:30PM	5:30PM	How to Teach Beginners
Week 7	20-Apr	Saturday	10:30AM	5:30PM	Supta Padangustasana, Forward Bends
	21-Apr	Sunday	12:30PM	5:30PM	Twisting Poses
Week 8	4-May	Saturday	10:30AM	5:30PM	Chair Backbends
	5-May	Sunday	12:30PM	5:30PM	Restoratives
Specialty Topic	18-May	Saturday	10:30AM	5:30PM	Practice teaching, Subtle Body, Ayurveda
Weekend	19-May	Sunday	12:30PM	5:30PM	Practice teaching/Review, Prenatal
Week 9	1-Jun	Saturday	10:30AM	5:30PM	Hip Openers, Arm Balances
	2-Jun	Sunday	12:30PM	5:30PM	Inversions, Abdominals
Week 10	15-Jun	Saturday	10:30AM	5:30PM	In Class test, Final Practicum Prep, Business of Yoga
	16-Jun	Sunday	12:30PM	5:30PM	Final Practicum

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