yogaworks

200 Hour Teacher Training Program

Intensive Format

Dates: January 7-February 1, 2013

Trainers: John Gaydos & Patti Quintero

Location: Yoga Works Pacific Palisades

Contact: teachertrainingla@yogaworks.com, 310.664.6470 x114

Tuition: $3200 when paid-in full by November 8
$3350 when paid-in-full by December 8
$3600 after December 8

Tution includes unlimited yoga at all YogaWorks locations from December 1 to March 1, once paid in full

Don't miss our Free Class & Info Session: Sunday November 11 from 2-4pm (Montana Ave)

Week	Date	Day	Start Time	End Time
Week 1	**Standing Poses (Neutrally and Externally Rotated)**			
	7-Jan	Monday	10:45 AM	7:30 PM
	8-Jan	Tuesday	8:00 AM	5:00 PM
	9-Jan	Wednesday	10:45 AM	7:30 PM
	10-Jan	Thursday	8:00 AM	5:00 PM
	11-Jan	Friday	10:45 AM	7:30 PM
Week 2	**Inversions, Sun Salutations, Simple Backbends & Pranayama**			
	14-Jan	Monday	10:45 AM	7:30 PM
	15-Jan	Tuesday	8:00 AM	5:00 PM
	16-Jan	Wednesday	10:45 AM	7:30 PM
	17-Jan	Thursday	8:00 AM	5:00 PM
	18-Jan	Friday	10:45 AM	7:30 PM
Week 3	**Twists, Backbends, Beginners, Abdominals & Arm Balances**			
	21-Jan	Monday	10:45 AM	7:30 PM
	22-Jan	Tuesday	8:00 AM	5:00 PM
	23-Jan	Wednesday	10:45 AM	7:30 PM
	24-Jan	Thursday	8:00 AM	5:00 PM
	25-Jan	Friday	10:45 AM	7:30 PM
Week 4	**Seated Twists, Restoratives, Chair Backbends, Hip Openers**			
	28-Jan	Monday	10:45 AM	7:30 PM
	29-Jan	Tuesday	8:00 AM	5:00 PM
	30-Jan	Wednesday	10:45 AM	7:30 PM
	31-Jan	Thursday	8:00 AM	5:00 PM
	1-Feb	Friday	10:45 AM	7:30 PM

Plus 8 required classes designed for you to experience different styles, levels and methodologies