200 Hour Teacher Training Program

Intensive Format

Dates: July 8-August 2, 2013

Trainers: Heather Seiniger & Alexandria Crow

Location: Yoga Works Pacific Palisades

Contact: teachertrainingla@yogaworks.com, 310.664.6470 x114

Tuition: $3200 when paid-in full by May 8
$3350 when paid-in-full by June 8
$3600 after June 8

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

Don't miss our Free Class & Info Session: Saturday May 18 from 2-4pm (Montana Ave)

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

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