200 Hour Teacher Training Program

5-Month Extended Format

Dates: January 11-June 2, 2013

Trainers: Mynx Inatsugu & Melanie Salvatore-August

Location: YogaWorks Walnut Creek- 1311 Locust Street, WC, 94596

Contact: teachertrainingnorcal@yogaworks.com; 310-664-6470 x 159

Tuition: $3200 when paid-in full by November 12
$3350 when paid-in-full by December 12
$3600 after December 12

Tuition includes unlimited yoga at all YogaWorks locaitons 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 December 1 from 12:30-2:30pm at our Walnut Creek Studio

Week	Date	Day	Start Time	End Time	Topic
Week 1	11-Jan	Friday	7:30PM	9:30PM	Welcome
	12-Jan	Saturday	12:00 PM	5:00 PM	Neutrally Rotated Standing Poses
	13-Jan	Sunday	12:30 PM	5:30 PM	Neutrally Rotated Standing Poses
Week 2	25-Jan	Friday	7:30 PM	9:30 PM	Philosophy
	26-Jan	Saturday	12:00 PM	5:00 PM	Externally Rotated Standing Poses
	27-Jan	Sunday	12:30 PM	5:30 PM	Externally Rotated Standing Poses
Anatomy	8-Feb	Friday	7:30 PM	9:30 PM	Anatomy
Weekend	9-Feb	Saturday	12:00 PM	5:00 PM	Anatomy
	10-Feb	Sunday	12:30 PM	5:30 PM	Anatomy
Week 3	15-Feb	Friday	7:30 PM	9:30 PM	Asana (be prepared to practice)
	16-Feb	Saturday	12:00 PM	5:00 PM	Surya Namaskar
	17-Feb	Sunday	12:30 PM	5:30 PM	Surya Namaskar
Week 4	1-Mar	Friday	7:30 PM	9:30 PM	Philosophy
	2-Mar	Saturday	12:00 PM	5:00 PM	Inversions
	3-Mar	Sunday	12:30 PM	5:30 PM	Inversions
Week 5	15-Mar	Friday	7:30 PM	9:30 PM	Philosophy
	16-Mar	Saturday	12:00 PM	5:00 PM	Twisting Poses
	17-Mar	Sunday	12:30 PM	5:30 PM	Simple Backbends
Week 6	29-Mar	Friday	7:30 PM	9:30 PM	Pranayama
	30-Mar	Saturday	12:00 PM	5:00 PM	Urdvha Dhanurasana
	31-Mar	Sunday	12:30 PM	5:30 PM	How to Teach Beginners
Week 7	12-Apr	Friday	7:30 PM	9:30 PM	Philosophy
	13-Apr	Saturday	12:00 PM	5:00 PM	Supta Padangustasana & Forward Bends
	14-Apr	Sunday	12:30 PM	5:30 PM	Twisting poses
Week 8	26-Apr	Friday	7:30 PM	9:30 PM	Philosophy
	27-Apr	Saturday	12:00 PM	5:00 PM	Chair Backbends
	28-Apr	Sunday	12:30 PM	5:30 PM	Restoratives
Specialty Topic	3-May	Friday	7:30 PM	9:30 PM	Practice Teaching
Weekend	4-May	Saturday	12:00 PM	5:00 PM	Prenatal & Subtle Body
	5-May	Sunday	12:30 PM	5:30 PM	Practice Teaching & Ayurveda
Week 9	10-May	Friday	7:30 PM	9:30 PM	Philosophy
	11-May	Saturday	12:00 PM	5:00 PM	Hip Openers & Arm Balances
	12-May	Sunday	12:30 PM	5:30 PM	Inversions & Abdominals
Week 10	31-May	Friday	7:30 PM	9:30 PM	In-Class Exam
	1-Jun	Saturday	12:00 PM	5:00 PM	Final Practicum Prep & Business of Yoga
	2-Jun	Sunday	12:30 PM	5:30 PM	Final Practicum

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