200 Hour Teacher Training Program

4-Week Intensive Format

Dates: July 15-August 9, 2013

Trainers: Mynx Inatsugu & Melanie Salvatore August

Location: Yoga Works Walnut Creek

Contact: teachertrainingnorcal@yogaworks.com, 310-664-6470 x159

Tuition: $3200 when paid-in full by May 17
$3350 when paid-in-full by June 14
$3600 after June 14

Tution includes unlimited yoga at all YogaWorks locations from June 14 to September 9, once paid in full

Don't miss our Free Class & Info Session: Saturday June 8 from 12:30-2:30pm

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

Plus 8 classes taken thoughout the duration of the program allowing you to experience different styles, levels & methodologie