200 Hour Teacher Training Program

Extended Format

Dates: January 12-June 9, 2013
Trainers: Olivia Barry assisted by Tim Senesi
Location: YogaWorks Costa Mesa & Newport
Contact: teachertrainingoc@yogaworks.com/949-281-1820
Tuition: $3200 when paid-in full by November 13
$3350 when paid-in-full by December 12
$3600 after December 12

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 & Info Session: Saturday December 1 from 12-2pm at our Costa Mesa Studio

Week	Date	Day	Start Time	End Time		Topic
Week 1	12-Jan	Saturday	12:30PM	6:30PM	Costa Mesa	Neutrally Rotated Standing Poses
	13-Jan	Sunday	12:30PM	6:30PM	Costa Mesa	Neutrally Rotated Standing Poses
Week 2	26-Jan	Saturday	12:30PM	6:30PM	Costa Mesa	Externally Rotated Standing Poses
	27-Jan	Sunday	12:30PM	6:30PM	Costa Mesa	Externally Rotated Standing Poses
Anatomy	9-Feb	Saturday	12:30PM	6:30PM	Costa Mesa	Anatomy
Weekend	10-Feb	Sunday	12:30PM	6:30PM	Costa Mesa	Anatomy
Week 3	23-Feb	Saturday	12:30PM	6:30PM	Costa Mesa	Surya Namaskar
	24-Feb	Sunday	12:30PM	6:30PM	Costa Mesa	Surya Namaskar
Week 4	9-Mar	Saturday	12:30PM	6:30PM	Costa Mesa	Inversions
	10-Mar	Sunday	12:30PM	6:30PM	Costa Mesa	Inversions
Week 5	23-Mar	Saturday	12:30PM	6:30PM	Costa Mesa	Standing Twists
	24-Mar	Sunday	12:30PM	6:30PM	Costa Mesa	Simple Backbends
Week 6	6-Apr	Saturday	12:30PM	6:30PM	Costa Mesa	Urdvha Dhanurasana
	7-Apr	Sunday	12:30PM	6:30PM	Costa Mesa	How to Teach Beginners
Week 7	20-Apr	Saturday	12:00PM	6:00PM	Newport	Supta Padangustasana, Forward Bends
	21-Apr	Sunday	12:00PM	6:00PM	Newport	Twisting Poses
Week 8	4-May	Saturday	12:00PM	6:00PM	Newport	Chair Backbends
	5-May	Sunday	12:00PM	6:00PM	Newport	Restoratives
Specialty Topic	18-May	Saturday	12:00PM	6:00PM	Newport	Practice teaching, Subtle Body, Ayurveda
Weekend	19-May	Sunday	12:00PM	6:00PM	Newport	Practice teaching, Prenatal
Week 9	1-Jun	Saturday	12:00PM	6:00PM	Newport	Hip Openers, Arm Balances
	2-Jun	Sunday	12:00PM	6:00PM	Newport	Inversions, Abdominals
Week 10	8-Jun	Saturday	12:00PM	6:00PM	Newport	In Class test, Final Practicum Prep, Business of Yoga
	9-Jun	Sunday	12:00PM	6:00PM	Newport	Final Practicum

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