200 Hour Teacher Training Program

3-Month Weekend Format

Dates: April 5-June 29, 2014

Trainers: Michele Klink

Location: YogaWorks Mill Valley

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

Tuition: $3200 when paid-in-full by 2/5
$3350 when paid-in-full by 3/5
$3600 after 3/5

Tuition includes unlimited yoga at all YogaWorks locations for the duration of the training, starting as early as March 1 once paid in full.

Don't Miss our Free Class & Information Sessions: Satuday February 1 from 4-6pm & March 1st from 1-3pm

Week	Date	Day	Start Time	End Time	Topic
Week 1	5-Apr	Saturday	1:00PM	7:00PM	Welcome & Neutrally Rotated Standing Poses
	6-Apr	Sunday	12:00PM	7:00PM	Intro to Surya Namaskar
Week 2	12-Apr	Saturday	1:00PM	7:00PM	Externally Rotated Standing Poses
	13-Apr	Sunday	12:00PM	7:00PM	Externally Rotated Standing Poses
Week 3	19-Apr	Friday	1:00PM	7:00PM	Surya Namaskar A
	20-Apr	Saturday	12:00PM	7:00PM	Asymmetrical Neutral Standing Poses
Week 4	26-Apr	Saturday	1:00PM	7:00PM	Surya Namaskar B
	27-Apr	Sunday	12:00PM	7:00PM	Well Rounded YogaWorks Class
Week 5	3-May	Saturday	1:00PM	7:00PM	Inversions
	4-May	Sunday	12:00PM	7:00PM	Inversions
Week 6	10-May	Saturday	1:00PM	7:00PM	Inversions
	11-May	Sunday	12:00PM	7:00PM	Twisting Poses
Week 7	17-May	Saturday	1:00PM	7:00PM	Simple Backbends
	18-May	Sunday	12:00PM	7:00PM	How to Teach Beginners
Week 8	31-May	Saturday	1:00PM	7:00PM	Urdvha Dhanurasana
	1-Jun	Sunday	12:00PM	7:00PM	Supta Padangustasana & Forward Bends
Week 9	7-Jun	Saturday	1:00PM	7:00PM	Seated Twists
	8-Jun	Sunday	12:00PM	7:00PM	Chair Backbends
Week 10	14-Jun	Saturday	1:00PM	7:00PM	Restoratives
	15-Jun	Sunday	12:00PM	7:00PM	Prenatal Yoga, Elective & Exam Review
Week 11	21-Jun	Saturday	1:00PM	7:00PM	Hip Openers, Arm Balances
	22-Jun	Sunday	12:00PM	7:00PM	Inversions & Abdominals
Week 12	28-Jun	Saturday	1:00PM	7:00PM	In Class test, Final Practicum Prep, Business of Yoga
	29-Jun	Sunday	12:00PM	7:00PM	Final Practicum

Plus 16 classes taken thoughout the duration of the program allowing you to experience different styles, levels & methodologies