200 Hour Teacher Training Program

5-Month Extended Format

Dates: March 1-July 27 , 2014
Trainers: Erika Trice and Eka Ekong
Location: YogaWorks San Francisco, 1823 Divisadero Street
Contact: teachertrainingnorcal@yogaworks.com; 310-664-6470 x 159
Tuition: $3200 when paid-in-full by December 28
$3350 when paid-in-full by February 1
$3600 after February 1

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

Don't Miss our Free Class & Information Sessions: Friday December 13 from 7:30-9:30 & January 18 from 12-2pm

Week	Date	Day	Start Time	End Time	Topic
Week 1	1-Mar	Saturday	12:00PM	7:00PM	Neutrally Rotated Standing Poses
	2-Mar	Sunday	12:30PM	6:30PM	Neutrally Rotated Standing Poses
Week 2	15-Mar	Saturday	12:00PM	7:00PM	Externally Rotated Standing Poses
	16-Mar	Sunday	12:30PM	6:30PM	Externally Rotated Standing Poses
Anatomy	29-Mar	Saturday	12:00PM	7:00PM	Anatomy
Weekend	30-Mar	Sunday	12:30PM	6:30PM	Anatomy
Week 3	12-Apr	Saturday	12:00PM	7:00PM	Surya Namaskar
	13-Apr	Sunday	12:30PM	6:30PM	Surya Namaskar
Week 4	26-Apr	Saturday	12:00PM	7:00PM	Inversions
	27-Apr	Sunday	12:30PM	6:30PM	Inversions
Week 5	3-May	Saturday	12:00PM	7:00PM	Standing Twists
	4-May	Sunday	12:30PM	6:30PM	Simple Backbends
Week 6	17-May	Saturday	12:00PM	7:00PM	Urdvha Dhanurasana
	18-May	Sunday	12:30PM	6:30PM	How to Teach Beginners
Week 7	31-May	Saturday	12:00PM	7:00PM	Supta Padangustasana, Forward Bends
	1-Jun	Sunday	12:30PM	6:30PM	Twisting Poses
Week 8	14-Jun	Saturday	12:00PM	7:00PM	Chair Backbends
	15-Jun	Sunday	12:30PM	6:30PM	Restoratives
Specialty Topic	28-Jun	Saturday	12:00PM	7:00PM	Practice teaching/Review, Prenatal
Weekend	29-Jun	Sunday	12:30PM	6:30PM	Practice teaching, Subtle Body, Ayurveda
Week 9	12-Jul	Saturday	12:00PM	7:00PM	Hip Openers, Arm Balances
	13-Jul	Sunday	12:30PM	6:30PM	Inversions, Abdominals
Week 10	26-Jul	Saturday	12:00PM	7:00PM	In Class test, Final Practicum Prep, Business of Yoga
	27-Jul	Sunday	12:30PM	6:30PM	Final Practicum

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