200 Hour Teacher Training Program

5-Month Extended Format

Dates: March 28-August 24, 2014
Trainers: Jessica Seabern
Location: YogaWorks Mission Viego
Contact: teachertrainingoc@yogaworks.com; 949.281.1820
Tuition: $3200 when paid-in full by January 28
$3350 when paid-in-full by February 28
$3600 after February 28

Tuition includes unlimited yoga at all YogaWorks locations for the duration of the training starting as early as 3/1, once paid in full

Don't Miss our Free Class & Information Session: Friday Jan 24, 6:30-8:30, Saturday Feb 15 from 2-4 at Mission Viejo

Week	Date	Day	Start Time	End Time	Topic
Week 1	28-Mar	Friday	7:30PM	9:30PM	Welcome
	29-Mar	Saturday	12:00 PM	5:00PM	Neutrally Rotated Standing Poses
	30-Mar	Sunday	12:00 PM	5:00PM	Intro to Surya Namaskar
Week 2	12-Apr	Saturday	11:30 AM	6:00PM	Externally Rotated Standing Poses
	13-Apr	Sunday	11:30 AM	6:00PM	Externally Rotated Standing Poses
Week 3	26-Apr	Saturday	11:30 AM	6:00PM	Surya Namaskar A
	27-Apr	Sunday	11:30 AM	6:00PM	Asymmetrical Neutral Standing Poses
Week 4	10-May	Saturday	11:30 AM	6:00PM	Surya Namaskar B
	11-May	Sunday	11:30 AM	6:00PM	Well Rounded YogaWorks Class
Week 5	17-May	Saturday	11:30 AM	6:00PM	Inversions
	18-May	Sunday	11:30 AM	6:00PM	Inversions
Week 6	31-May	Saturday	11:30 AM	6:00PM	Inversions
	1-Jun	Sunday	11:30 AM	6:00PM	Twisting Poses
Week 7	14-Jun	Saturday	11:30 AM	6:00PM	Simple Backbends
	15-Jun	Sunday	11:30 AM	6:00PM	How to Teach Beginners
Week 8	28-Jun	Saturday	11:30 AM	6:00PM	Urdvha Dhanurasana
	29-Jun	Sunday	11:30 AM	6:00PM	Supta Padangustasana & Forward Bends
Week 9	12-Jul	Saturday	11:30 AM	6:00PM	Seated Twists
	13-Jul	Sunday	11:30 AM	6:00PM	Chair Backbends
Week 10	26-Jul	Saturday	11:30 AM	6:00PM	Restoratives
	27-Jul	Sunday	11:30 AM	6:00PM	Prenatal Yoga, Elective & Exam Review
Week 11	9-Aug	Saturday	11:30 AM	6:00PM	Hip Openers, Arm Balances
	10-Aug	Sunday	11:30 AM	6:00PM	Inversions & Abdominals
Week 12	23-Aug	Saturday	11:30 AM	6:00PM	In Class test, Final Practicum Prep, Business of Yoga
	24-Aug	Sunday	11:30 AM	6:00PM	Final Practicum

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