



200 Hour Teacher Training Program

Intensive Format

Dates: July 6-August 1, 2014
Trainers: Michelle McKay
Location: Yoga Works Costa Mesa
Contact: teachertrainingoc@yogaworks.com, 949.281.1820
Tuition: \$3300 when paid-in full by May 6
\$3450 when paid-in-full by June 6
\$3650 after June 6

Tuition includes unlimited yoga at all YogaWorks locations from June 1 to August 31, once paid in full

Don't miss our Free Class & Info Session: Saturday May 3 and 31 from 1-3pm (Costa Mesa)

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