200 Hour Teacher Training Program

3-Month Training

Dates: January 10-March 30, 2014

Trainers: Thomas Taubman & Gigi Snyder

Location: YogaWorks Pacific Palisades-15327 Sunset Blvd

Contact: teachertrainingla@yogaworks.com; 310-664-6470 x 114

Tuition: $3200 when paid-in full by November 11
$3350 when paid-in-full by December 11
$3600 after December 11

Tuition includes unlimited yoga at all YogaWorks locaitons for the duration of the training-starting as early as ***November1,*** *once paid in full*

Don't miss our Free Class & Information Session: Saturday November 23 from 2-4pm at our Montana Studio

Week	Date	Day	Start Time	End Time	Topic
Week 1	10-Jan	Friday	7:00PM	9:00PM	Welcome
	11-Jan	Saturday	1:00 PM	6:00 PM	Neutrally Rotated Standing Poses
	12-Jan	Sunday	1:00 PM	6:00 PM	Neutrally Rotated Standing Poses
Week 2	18-Jan	Saturday	11:15 AM	6:15 PM	Philosophy & Externally Rotated Standing Poses
	19-Jan	Sunday	1:00 PM	6:00 PM	Externally Rotated Standing Poses
Anatomy	25-Jan	Saturday	11:15 AM	6:15 PM	Anatomy
Weekend	26-Jan	Sunday	1:00 PM	6:00 PM	Anatomy
Week 3	1-Feb	Saturday	11:15 AM	6:15 PM	Philosophy & Surya Namaskar
	2-Feb	Sunday	1:00 PM	6:00 PM	Surya Namaskar
Week 4	8-Feb	Saturday	11:15 AM	6:15 PM	Philosophy & Inversions
	9-Feb	Sunday	1:00 PM	6:00 PM	Inversions
Week 5	15-Feb	Saturday	11:15 AM	6:15 PM	Philosophy & Twisting Poses
	16-Feb	Sunday	1:00 PM	6:00 PM	Simple Backbends
Week 6	22-Feb	Saturday	11:15 AM	6:15 PM	Pranayama & Urdvha Dhanurasana
	23-Feb	Sunday	1:00 PM	6:00 PM	How to Teach Beginners
Week 7	1-Mar	Saturday	11:15 AM	6:15 PM	Philosophy, Supta Padangustasana & Forward Bends
	2-Mar	Sunday	1:00 PM	6:00 PM	Twisting poses
Week 8	8-Mar	Saturday	11:15 AM	6:15 PM	Philosophy & Chair Backbends
	9-Mar	Sunday	1:00 PM	6:00 PM	Restoratives
Specialty Topic	15-Mar	Saturday	11:15 AM	6:15 PM	Prenatal & Practice Teaching
Weekend	16-Mar	Sunday	1:00 PM	6:00 PM	Practice Teaching, Ayurveda, Subtle Body
Week 9	22-Mar	Saturday	11:15 AM	6:15 PM	Philosophy, Hip Openers & Arm Balances
	23-Mar	Sunday	1:00 PM	6:00 PM	Inversions & Abdominals
Week 10	29-Mar	Saturday	11:15 AM	6:15 PM	Final Practicum Prep & Business of Yoga
	30-Mar	Sunday	1:00 PM	6:00 PM	Final Practicum

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