



## 200 Hour Teacher Training Program

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### **Intensive Format**

**Dates:** January 6-31, 2014

**Trainer:** Carolina Goldberg & Guest Teacher Jeanne Heileman

**Location:** U Studio Yoga (5410 Wilshire Boulevard #500 Los Angeles, CA 90036)

**Contact:** teachertrainingla@yogaworks.com, 310.664.6470 x114

**Tuition:** \$3200 when paid-in full by November 6  
\$3350 when paid-in-full by December 6  
\$3600 after December 6

Tuition includes unlimited yoga at all YogaWorks locations from December 1 to February 28, once paid in full

**Don't miss our Free Class & Info Session: Sunday November 10, 10-12 (Larchmont Studio)**

<b>Week</b>	<b>Date</b>	<b>Day</b>	<b>Start Time</b>	<b>End Time</b>
<b>Week 1</b>	<b>Standing Poses (Neutrally and Externally Rotated)</b>			
	6-Jan	Monday	7:30 AM	4:30 PM
	7-Jan	Tuesday	7:30 AM	5:00 PM
	8-Jan	Wednesday	7:30 AM	4:30 PM
	9-Jan	Thursday	7:30 AM	5:00 PM
	10-Jan	Friday	7:30 AM	4:30 PM
<b>Week 2</b>	<b>Inversions, Sun Salutations, Simple Backbends &amp; Pranayama</b>			
	13-Jan	Monday	7:30 AM	4:30 PM
	14-Jan	Tuesday	7:30 AM	5:00 PM
	15-Jan	Wednesday	7:30 AM	4:30 PM
	16-Jan	Thursday	7:30 AM	5:00 PM
	17-Jan	Friday	7:30 AM	4:30 PM
<b>Week 3</b>	<b>Twists, Backbends, Beginners, Abdominals &amp; Arm Balances</b>			
	20-Jan	Monday	7:30 AM	4:30 PM
	21-Jan	Tuesday	7:30 AM	5:00 PM
	22-Jan	Wednesday	7:30 AM	4:30 PM
	23-Jan	Thursday	7:30 AM	5:00 PM
	24-Jan	Friday	7:30 AM	4:30 PM
<b>Week 4</b>	<b>Seated Twists, Restoratives, Chair Backbends, Hip Openers</b>			
	27-Jan	Monday	7:30 AM	4:30 PM
	28-Jan	Tuesday	7:30 AM	5:00 PM
	29-Jan	Wednesday	7:30 AM	4:30 PM
	30-Jan	Thursday	7:30 AM	5:00 PM
	31-Jan	Friday	7:30 AM	4:30 PM