yogaworks FOR EVERYBODY

## Professional Program Preliminary Schedule in Partnership with (Partner Studio): January 09 - June 30, 2013

**Mentors: Jeanie Manchester, Laura Kupperman**

Please view teacher's class schedules

**Information Session:** August 23 (2 hours, with all mentors and studio owner)

**For more info and to register:** Please contact Hayley Hobson at hayley@nobopilates.com or 303.952.9811

**Tuition:** $3300 if paid if full by August 15. $3500 if paid in full by December 1; $3700 if paid in full afterDecember 1. Mentor matching will begin on TBD.

**Program Location:** Boulder Body Work Bistro, Boulder, CO

**Taking Class:** You must take your mentor's class 24 times over the course of the program, as well as 12 additional classes with your mentor or another approved teac

**Assisting Class:** You must assist your mentor's class 24 times over the course of the program

**Mentor Meetings:** You will meet offsite with your mentor group two times a month. Time and place will be determined by mentor.

| WS# | Date | Day | Time | Location | Topic | Teacher |
|---|---|---|---|---|---|---|
| 1 | Jan 09 | Wed | 2:00-6:00pm | Partner Studio | Welcome Circle/Standing Poses: Adjustments, Variations, Observations | Kia Miller |
| 2 | Jan 10 | Thurs | 2:00-6:00pm | Partner Studio | Forward Bends & Twists: Adjustments, Variations, Observations | Kia Miller |
| 3 | Jan 11 | Fri | 2:00-6:00pm | Partner Studio | Inversions: Adjustments, Variations, Observations | Kia Miller |
| 4 | Jan 12 | Sat | 2:00-6:00pm | Partner Studio | Inversions: Adjustments, Variations, Observations | Kia Miller |
| 5 | Jan 13 | Sun | 2:00-6:00pm | Partner Studio | Backbends: Adjustments, Variations, Observations | Kia Miller |
| 6 | Feb 02 | Sat | 2:00-6:00pm | Partner Studio | Subtle Body and an Introduction to Meditation | Katherine Kaufman |
| 7 | Feb 03 | Sun | 2:00-6:00pm | Partner Studio | Subtle Body and an Introduction to Meditation | Katherine Kaufman |
| 8 | Feb 23 | Sat | 2:00-6:00pm | Partner Studio | Ayurvedic Principles in the Classroom | John Douillard |
| 9 | Feb 24 | Sun | 2:00-6:00pm | Partner Studio | How to teach Pre-Natal yoga | De West |
| 10 | Mar 16 | Sat | 2:00-6:00pm | Partner Studio | Teaching Yoga to Kids | Erin Phillips |
| 11 | Mar 17 | Sun | 2:00-6:00pm | Partner Studio | Injury Management 1 | Asha Wolf |
| 12 | Apr 06 | Sat | 2:00-6:00pm | Partner Studio | Injury Management 2 | Asha Wolf |
| 13 | Apr 07 | Sun | 2:00-6:00pm | Partner Studio | Injury Management 3 | Asha Wolf |
| 14 | Apr 20 | Sat | 2:00-6:00pm | Partner Studio | Injury Management 4 | Asha Wolf |
| 15 | Apr 21 | Sun | 2:00-6:00pm | Partner Studio | The Business of Yoga | Hayley Hobson |
| 16 | May 01 | Wed | 9:00-1:00pm | Partner Studio | Hands on Adjustments | Kia Miller |
| 17 | May 02 | Thurs | 2:00-6:00pm | Partner Studio | Advanced Asana | Kia Miller |
| 18 | May 03 | Fri | 2:00-6:00pm | Partner Studio | Working with beginners weekend | Kia Miller |
| 19 | May 04 | Sat | 2:00-6:00pm | Partner Studio | Working with beginners weekend | Kia Miller |
| 20 | May 05 | Sun | 2:00-6:00pm | Partner Studio | Vinyasa Flow Day 1 | Kia Miller |
| 21 | May 06 | Mon | 2:00-6:00pm | Partner Studio | Vinyasa Flow Day 2 | Kia Miller |
| 22 | Jun 15 | Sat | 2:00-6:00pm | Partner Studio | Teacher Student Relationship | Local Teacher |
| 23 | Jun 16 | Sun | 2:00-6:00pm | Partner Studio | Restoratives and relaxation response | Laura Kuperman |
| 24 | Jun 29 | Sat | 2:00-6:00pm | Partner Studio | Yoga for Chronic Illness | Yuki Tsuji-Hoenig |
| 25 | Jun 30 | Sun | 2:00-6:00pm | Partner Studio | Projects & Closing Ceremony | Mentors |
| 26 | TBD | TBD | TBD | Partner Studio | Sublist Audition (Optional by Studio) | Studio Owner |
| **Pranayama & Philosophy** | | | | | | |
| 1 | 1/17 | Thu | 5:00-8:00pm | Partner Studio | Pranayama & Bhagavad Gita | Michelle Anderson & Nataraja |
| 2 | 1/31 | Thu | 5:00-8:00pm | Partner Studio | Pranayama & Bhagavad Gita | Michelle Anderson & Nataraja |
| 3 | 2/21 | Thu | 5:00-8:00pm | Partner Studio | Pranayama & Yoga Sutras | Michelle Anderson & Nataraja |
| 4 | 3/7 | Thu | 5:00-8:00pm | Partner Studio | Pranayama & Yoga Sutras | Michelle Anderson & Nataraja |
| 5 | 3/21 | Thu | 5:00-8:00pm | Partner Studio | Pranayama & Yoga Unveiled | Michelle Anderson & Nataraja |
| 6 | 4/4 | Thu | 5:00-8:00pm | Partner Studio | Pranayama & Upanishads | Michelle Anderson & Nataraja |
| 7 | 4/18 | Thu | 5:00-8:00pm | Partner Studio | Pranayama & Pradipika | Michelle Anderson & Nataraja |
| 8 | 5/2 | Thu | 5:00-8:00pm | Partner Studio | Pranayama & Intro to Tantra | Michelle Anderson & Nataraja |
| 9 | 5/16 | Thu | 5:00-8:00pm | Partner Studio | Pranayama & Intro to Buddhism | Michelle Anderson & Nataraja |
| 10 | 5/30 | Thu | 5:00-8:00pm | Partner Studio | Pranayama & Yoga for the different stages of life | Michelle Anderson & Nataraja |
| **Practice Teach Sessions** | | | | | | |
| 1 | 1/24 | Thu | 6:00-8:00pm | Partner Studio | Practice Teach 1 | Mentor |
| 2 | 2/7 | Thu | 6:00-8:00pm | Partner Studio | Practice Teach 2 | Mentor |
| 3 | 2/28 | Thu | 6:00-8:00pm | Partner Studio | Practice Teach 3 | Mentor |
| 4 | 3/14 | Thu | 6:00-8:00pm | Partner Studio | Practice Teach 4 | Mentor |
| 5 | 3/28 | Thu | 6:00-8:00pm | Partner Studio | Practice Teach 5 | Mentor |
| 6 | 4/11 | Thu | 6:00-8:00pm | Partner Studio | Practice Teach 6 | Mentor |
| 7 | 4/25 | Thu | 6:00-8:00pm | Partner Studio | Practice Teach 7 | Mentor |
| 8 | 5/9 | Thu | 6:00-8:00pm | Partner Studio | Practice Teach 8 | Mentor |
| 9 | 5/23 | Thu | 6:00-8:00pm | Partner Studio | Practice Teach 9 | Mentor |
| 10 | 6/6 | Thu | 6:00-8:00pm | Partner Studio | Practice Teach 10 | Mentor |
| 11 | 6/13 | Thu | 6:00-8:00pm | Partner Studio | Final Practice Teach Round 1 | Mentor |
| 12 | 6/20 | Thu | 6:00-8:00pm | Partner Studio | Final Practice Teach Round 2 | Mentor |
| **Non-Workshop Hour Summary:** | | | | | | |
| | **Date** | **Day** | **Time** | **Location** | **Topic** | |
| 1 | 2x per month | varies | 2 hours | varies per mentor | Two 2-hour meeting per month with mentor group | |
| 2 | 1x per week | varies | 1.5 hours | varies per mentor | Assisting 24 classes with your mentor | |
| 3 | 1x per week | varies | 1.5 hours | varies per mentor | Taking 24 classes with your mentor | |
| 4 | 1x per week | varies | 1.5 hours | varies per mentor | Taking 12 classes with your mentor or another E-RYT 500 Teacher | |