# 200 Hour Teacher Training Program

## *Summer 4-Week Intensive*

**Dates:** July 9 - August 3, 2012

**Location:** Triangle Yoga
930 Martin Luther King Jr. Blvd; Chapel Hill, NC 27514
www.triangleyoga.com

**Contact:** info@triangleyoga.com; 919-933-YOGA (9642)

**Led By:** Sarah Bell

**Info Session:** Saturday, April 28, 1pm-3pm, Includes a free mini-class with Sarah!
Space is limited, please RSVP to hold your spot.

**Tuition:** $2950 if paid-in-full by March 15; $3150 if paid-in-full by June 5; $3400 after June 5

| Week | Date | Day | Start Time | End Time | Hours |
|---|---|---|---|---|---|
| **Week 1** | **Standing Poses (Neutrally and Externally Rotated)** | | | | |
| | 9-Jul | Monday | 8:00 AM | 5:00 PM | 9 |
| | 10-Jul | Tuesday | 8:00 AM | 5:00 PM | 9 |
| | 11-Jul | Wednesday | 8:00 AM | 5:00 PM | 9 |
| | 12-Jul | Thursday | 8:00 AM | 5:00 PM | 9 |
| | 13-Jul | Friday | 8:00 AM | 5:00 PM | 9 |
| **Anatomy One** | 14-Jul | Saturday | 12:30PM | 6:30PM | 6 |
| **Week 2** | **Inversions,Sun Salutations and Abdominals** | | | | |
| | 16-Jul | Monday | 8:00 AM | 5:00 PM | 9 |
| | 17-Jul | Tuesday | 8:00 AM | 5:00 PM | 9 |
| | 18-Jul | Wednesday | 8:00 AM | 5:00 PM | 9 |
| | 19-Jul | Thursday | 8:00 AM | 5:00 PM | 9 |
| | 20-Jul | Friday | 8:00 AM | 5:00 PM | 9 |
| **Anatomy Two** | 21-Jul | Saturday | 12:30PM | 6:30PM | 6 |
| **Week 3** | **Standing Twists, Backbends, How to teach Beginners** | | | | |
| | 23-Jul | Monday | 8:00 AM | 5:00 PM | 9 |
| | 24-Jul | Tuesday | 8:00 AM | 5:00 PM | 9 |
| | 25-Jul | Wednesday | 8:00 AM | 5:00 PM | 9 |
| | 26-Jul | Thursday | 8:00 AM | 5:00 PM | 9 |
| | 27-Jul | Friday | 8:00 AM | 5:00 PM | 9 |
| **Week 4** | **Seated Twists, Forward bends, Lotus, Restoratives** | | | | |
| | 30-Jul | Monday | 8:00 AM | 5:00 PM | 9 |
| | 31-Jul | Tuesday | 8:00 AM | 5:00 PM | 9 |
| | 1-Aug | Wednesday | 8:00 AM | 5:00 PM | 9 |
| | 2-Aug | Thursday | 8:00 AM | 5:00 PM | 9 |
| | 3-Aug | Friday | 8:00 AM | 5:00 PM | 9 |