yogaworks
IT'S THAT SIMPLE

THE YOGA MAT

200 Hour Teacher Training Program

Extended Format

Dates: September 7 - December16, 2012
Location: The Yoga Mat
3060 Larimer St.
Denver, CO 80205
Contact: Please contact Erin Bakersmith at 314.680.6374 or ontheyogamat@gmail.com
Trainer: Alexandria Crow
Tuition: $3150 if paid in full by June 1; $3250 if paid in full by July 27; $3400 after July 27
Info Session: July 21 from 1:30-3:30pm. Begins with a free class led by Alexandria Crow.
Space Limited. RSVP now to hold your spot.
Classes: *22 additional classes allowing you to experience different styles, levels, and methodologies. Classes are included as part of your tuition.

Week	Date	Day	Start Time	End Time	Hours
Session 1	**Neutral & External Rotation Poses**				
	7-Sep	Friday	6:00 PM	8:00 PM	2
	8-Sep	Saturday	11:00 AM	8:00 PM	9
	9-Sep	Sunday	11:00 AM	8:00 PM	9
Session 2	**Surya Namaskara**				
	21-Sep	Friday	6:00 PM	8:00 PM	2
	22-Sep	Saturday	11:00 AM	8:00 PM	9
	23-Sep	Sunday	11:00 AM	8:00 PM	9
Anatomy Weekend	29-Sep	Saturday	12:00 PM	6:00PM	6
	30-Sep	Sunday	12:00 PM	6:00PM	6
Session 3	**Inversions & Subtle Body**				
	12-Oct	Friday	6:00 PM	8:00 PM	2
	13-Oct	Saturday	11:00 AM	8:00 PM	9
	14-Oct	Sunday	11:00 AM	8:00 PM	9
Session 4	**Twists & Simple Backbends**				
	26-Oct	Friday	6:00 PM	8:00 PM	2
	27-Oct	Saturday	11:00 AM	8:00 PM	9
	28-Oct	Sunday	11:00 AM	8:00 PM	9
Session 5	**Urdhva Dhanurasana & Teaching Beginners**				
	9-Nov	Friday	6:00 PM	8:00 PM	2
	10-Nov	Saturday	11:00 AM	8:00 PM	9
	11-Nov	Sunday	11:00 AM	8:00 PM	9
Session 6	**Chair Backbends, Forward Bends & Restoratives**				
	30-Nov	Friday	6:00 PM	8:00 PM	2
	1-Dec	Saturday	11:00 AM	8:00 PM	9
	2-Dec	Sunday	11:00 AM	8:00 PM	9
Session 7	**Hip Openers, Arm Balances, Abdominals and Final Exam & Practice Teach**				
	14-Dec	Friday	6:00 PM	8:00 PM	2
	15-Dec	Saturday	11:00 AM	8:00 PM	9
	16-Dec	Sunday	11:00 AM	8:00 PM	9

**22 classes to be taken at your leisure between May 12 and November 4*