yogaworks FOR EVERYBODY

Epídavros YOGA STUDIO

200 Hour Teacher Training Program

Extended Format

RYS 200 Registered Yoga School

Dates: **May 17 - November 17, 2013**

Location: Epídavros Center for Wellbeing
223 E. Powell Blvd., Gresham, OR 97030

Trainer: Casey Coda

Tuition: $2950 when paid in full by March 15; $3150 when paid in full by April 15; $3400 after
Payment plans available for the first three students who ask (all payment plans are based on the $3400 rate).

Classes: *Plus 17 additional required classes at Epidavros, allowing you to experience different styles, levels and methodologies. To be taken between May 17 - November 17, 2013.
*Included in your price of tuition.

For more Info: Call Tara at 503.931.5686 or email taramcguire@mac.com.

Week	Date	Day	Start Time	End Time	Hours	Topic
Session 1						
	17-May	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	18-May	Saturday	11:30 AM	8:30 PM	9	Neutral & External Rotation Poses
	19-May	Sunday	11:00 AM	8:00 PM	9	Neutral & External Rotation Poses
Session 2						
	14-Jun	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	15-Jun	Saturday	11:30 AM	8:30 PM	9	Surya Namaskar
	16-Jun	Sunday	11:00 AM	8:00 PM	9	Surya Namaskar
Session 3						
	19-Jul	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	20-Jul	Saturday	11:30 AM	8:30 PM	9	Inversions
	21-Jul	Sunday	11:00 AM	8:00 PM	9	Inversions & Subtle Body
Session 4						
	16-Aug	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	17-Aug	Saturday	11:30 AM	8:30 PM	9	Standing & Seated Twists, & Pre-Natal Yoga
	18-Aug	Sunday	11:00 AM	8:00 PM	9	Simple Backbends & Pranayama
Session 5						
	20-Sep	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	21-Sep	Saturday	11:30 AM	8:30 PM	9	Urdvha Dhanurasana
	22-Sep	Sunday	11:00 AM	8:00 PM	9	Teaching Beginners
Session 6						
	18-Oct	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	19-Oct	Saturday	11:30 AM	8:30 PM	9	Chair Backbends & Ayurveda
	20-Oct	Sunday	11:00 AM	8:00 PM	9	Forward Bends & Restoratives
Session 7						
	15-Nov	Friday	4:00 PM	8:00 PM	4	Review for In-Class Exam & Practice Teaching
	16-Nov	Saturday	11:30 AM	8:30 PM	9	Hip Openers, Abdominals & Arm Balances and In-Class Exam
	17-Nov	Sunday	11:00 AM	8:00 PM	9	Final Practice Teach & Closing Ceremonies

**17 classes are required to be taken during the training at your leisure between May 17 - November 17.*