## 200-Hour Teacher Training Program

***Weekend Format Training***

**Dates:** January 12 - June 16, 2013

**Location:** Northwest Yoga Studio
7810 West Ann Road: Suite 110
Las Vegas, NV 89149

**Trainer:** Thomas Taubman

**Contact:** Chelsea Friedman at 310.664.6470 ext 159 or chelseaf@yogaworks.com

**Tuition:** $3150 by December 7; $3400 after

**Classes:** Plus 18 additional classes taken throughout the duration of the program allowing you to experience different styles, levels & methodologies.

**Info Session:** November 4th from 2-4pm. Session starts with a FREE CLASS taught by Thomas, followed by Q&A Space Limited. Please RSVP to sign-up.

| Week | Date | Day | Start Time | End Time | Hours | Topic |
|---|---|---|---|---|---|---|
| **Week 1** | 12-Jan | Saturday | 12:00 PM | 7:00 PM | 7 | Philosophy & Neutrally Rotated Standing Poses |
| | 13-Jan | Sunday | 12:00 PM | 5:00 PM | 5 | Neutrally Rotated Standing Poses |
| **Week 2** | 2-Feb | Saturday | 12:00 PM | 7:00 PM | 7 | Philosophy & Externally Rotated Standing Poses |
| | 3-Feb | Sunday | 12:00 PM | 5:00 PM | 5 | Externally Rotated Standing Poses |
| **Anatomy** | 23-Feb | Saturday | 12:00 PM | 6:00 PM | 6 | Anatomy |
| | 24-Feb | Sunday | 12:00 PM | 6:00 PM | 6 | Anatomy |
| **Week 3** | 9-Mar | Saturday | 12:00 PM | 7:00 PM | 7 | Philosophy & Surya Namaskar |
| | 10-Mar | Sunday | 12:00 PM | 5:00 PM | 5 | Surya Namaskar |
| **Week 4** | 23-Mar | Saturday | 12:00 PM | 7:00 PM | 7 | Philosophy & Inversions |
| | 24-Mar | Sunday | 12:00 PM | 5:00 PM | 5 | Inversions |
| **Week 5** | 6-Apr | Saturday | 12:00 PM | 7:00 PM | 7 | Philosophy & Standing Twists, Simple Backbends |
| | 7-Apr | Sunday | 12:00 PM | 7:00 PM | 7 | Standing Twists, Simple Backbends & Pre-Natal |
| **Week 6** | 20-Apr | Saturday | 12:00 PM | 7:00 PM | 7 | Pranayama & Urdvha Dhanurasana |
| | 21-Apr | Sunday | 12:00 PM | 7:00 PM | 7 | How to Teach Beginners |
| **Week 7** | 4-May | Saturday | 12:00 PM | 7:00 PM | 7 | Philosophy & Seated Forward Bends |
| | 5-May | Sunday | 12:00 PM | 7:00 PM | 7 | Forward bends, Abdominals, Twists & Subtle Body |
| **Week 8** | 18-May | Saturday | 12:00 PM | 7:00 PM | 7 | Philosophy & Chair Backbends |
| | 19-May | Sunday | 12:00 PM | 7:00 PM | 7 | Restoratives, Mantra & Chanting |
| **Week 9** | 1-Jun | Saturday | 12:00 PM | 7:00 PM | 7 | Philosophy & Hip Openers & Arm Balances |
| | 2-Jun | Sunday | 12:00 PM | 7:00 PM | 7 | Inversions Review, Abdominals & Ayurveda |
| **Week 10** | 15-Jun | Saturday | 12:00 PM | 7:00 PM | 7 | In Class Exam & Final Practice Teach |
| | 16-Jun | Sunday | 12:00 PM | 7:00 PM | 7 | Final Teaching Practicum & Closing Circle |

**Topic schedule is subject to change*
***18 classes to be completed between January 19 and June 16*