yogaworks FOR EVERYBODY

OM'ECHAYE WELLNESS & FITNESS CENTER

200 Hour Teacher Training Program

Extended Format

Dates: **October 26, 2012 - January 13, 2013**

Location: Om'echaye
1100 E Hallandale Beach Blvd., Hallandale, FL 33009
www.omechaye.com

Trainer: Edwin Bergman

Tuition: $3150 if paid-in-full by September 14
$3400 after September 14

For more Info: Contact Chelsea at chelseaf@yogaworks.com or call 310-664-6470 ext. 159

Info Session: Saturday, September 8, 2-4pm. Begins with a FREE mini-class with Edwin!
Space is limited, so please RSVP to hold your spot.

Classes: *17 additional classes allowing you to experience different styles, levels and methodologies.
Special Teacher Training Class Discount: $170 for 17 classes at Om'echaye

Week	Date	Day	Start Time	End Time	Hours	Topic
Session 1						
	26-Oct	Friday	5:00 PM	9:00 PM	4	Anatomy & Philosophy
	27-Oct	Saturday	12:30 PM	9:00 PM	8.5	Neutral & External Rotation Poses
	28-Oct	Sunday	12:30 PM	9:00 PM	8.5	Neutral & External Rotation Poses
Session 2						
	2-Nov	Friday	5:00 PM	9:00 PM	4	Anatomy & Philosophy
	3-Nov	Saturday	12:30 PM	9:00 PM	8.5	Surya Namaskar
	4-Nov	Sunday	12:30 PM	8:30 PM	8	Surya Namaskar
Session 3						
	16-Nov	Friday	5:00 PM	9:00 PM	4	Anatomy & Philosophy
	17-Nov	Saturday	12:30 PM	9:00 PM	8.5	Inversions
	18-Nov	Sunday	12:30 PM	8:30 PM	8	Inversions & Subtle Body
Session 4						
	30-Nov	Friday	5:00 PM	9:00 PM	4	Anatomy & Philosophy
	1-Dec	Saturday	12:30 PM	9:00 PM	8.5	Standing & Seated Twists
	2-Dec	Sunday	12:30 PM	8:30 PM	8	Simple Backbends & Pranayama
Session 5						
	14-Dec	Friday	5:00 PM	9:00 PM	4	Anatomy & Philosophy
	15-Dec	Saturday	12:30 PM	9:00 PM	8.5	Urdvha Dhanurasana
	16-Dec	Sunday	12:30 PM	8:30 PM	8	Teaching Beginners
Session 6						
	4-Jan	Friday	5:00 PM	9:00 PM	4	Anatomy & Philosophy
	5-Jan	Saturday	12:30 PM	9:00 PM	8.5	Chair Backbends & Ayurveda
	6-Jan	Sunday	12:30 PM	8:30 PM	8	Forward Bends & Restoratives
Session 7						
	11-Jan	Friday	5:00 PM	9:00 PM	4	Review for In-Class Exam & Practice Teaching
	12-Jan	Saturday	12:30 PM	9:00 PM	8.5	Hip Openers, Abdominals & Arm Balances and In-Class Exa
	13-Jan	Sunday	12:30 PM	8:30 PM	8	Final Practice Teach & Closing Ceremonies

**17 required classes to be taken outside of the training at your leisure within the duration of the training.*