

200 Hour Teacher Training Program

Extended Format

Dates: January 6 - June 3, 2012
Location: Heat Yoga
 10190 Baltimore St. NE, Suite 300
 Blaine, MN 55449
Contact: Nikki at nikkisteps@hotmail.com
Trainer: Chrissy Canning
Tuition: \$3150 if you pay-in-full before December 2, 2011; \$3400 after December 2, 2011
Info Session: TBD. Begins with a FREE mini-class with your trainer!
 Space is limited, so please RSVP to hold your spot.

Week	Date	Day	Start Time	End Time	Hours	Topic
Session 1						
	6-Jan	Friday	8:00 AM	5:00 PM	9	Welcome
	7-Jan	Saturday	8:00 AM	5:00 PM	9	Neutrally Rotated Standing Poses
	8-Jan	Sunday	8:00 AM	5:00 PM	9	Externally Rotated Standing Poses
Anatomy Intensive*						
	28-Jan	Saturday	12:00 PM	6:00 PM	6	Anatomy Intensive
	29-Jan	Sunday	12:00 PM	6:00 PM	6	Anatomy Intensive
Session 2						
	10-Feb	Friday	8:00 AM	5:00 PM	9	Asana / Neutral & External Review
	11-Feb	Saturday	8:00 AM	5:00 PM	9	Surya Namaskar
	12-Feb	Sunday	8:00 AM	5:00 PM	9	Surya Namaskar
Session 3						
	2-Mar	Friday	8:00 AM	5:00 PM	9	Inversions
	3-Mar	Saturday	8:00 AM	5:00 PM	9	Inversions & Subtle Body
	4-Mar	Sunday	8:00 AM	5:00 PM	9	Inversions
Session 4						
	30-Mar	Friday	8:00 AM	5:00 PM	9	Standing Twists
	31-Mar	Saturday	8:00 AM	5:00 PM	9	Seated Twists
	1-Apr	Sunday	8:00 AM	5:00 PM	9	Simple Backbends
Session 5						
	20-Apr	Friday	8:00 AM	5:00 PM	9	Urdvha Dhanurasana
	21-Apr	Saturday	8:00 AM	5:00 PM	9	How to Teach Beginners
	22-Apr	Sunday	8:00 AM	5:00 PM	9	Ashtanga and Beginners
Session 6						
	18-May	Friday	8:00 AM	5:00 PM	9	Forward Bends & Ayurveda
	19-May	Saturday	8:00 AM	5:00 PM	9	Chair Backbends
	20-May	Sunday	8:00 AM	5:00 PM	9	Restoratives & Relaxation Response
Session 7						
	1-Jun	Friday	8:00 AM	5:00 PM	9	Arm Balances & Abdominals
	2-Jun	Saturday	8:00 AM	5:00 PM	9	Hip Openers & Lotus
	3-Jun	Sunday	8:00 AM	5:00 PM	9	In-Class Teaching & Closing

*Anatomy Intensive is required. This workshop is included in the price of the training.