yogaworks FOR EVERYBODY

JAI YOGA SEOUL

200 Hour Teacher Training Program

4-Week Intensive

Dates: March 27 - April 7, 2013 & May 29 - June 9, 2013

Location: Jai Yoga
Kangnamgu Nonhyun-Ro 167Gil 9
Shinsadong Naksan Plaza Bldg Fl5

Contact: Please contact Jayeswari at jayeswari@gmail.com

Trainer: David Kim

Tuition: 3,467,500 KRW if paid by February 10; 3,650,000 KRW when paid after

Classes: *8 additional classes included in your tuition, allowing you to experience different styles, levels and methodologies.

Week	Date	Day	Start Time	End Time	Hours
Week 1	**Standing Poses (Neutrally and Externally Rotated)**				
	27-Mar	Wednesday	9:00 AM	6:00 PM	9
	28-Mar	Thursday	9:00 AM	6:00 PM	9
	29-Mar	Friday	9:00 AM	6:00 PM	9
	30-Mar	Saturday	9:00 AM	6:00 PM	9
	31-Mar	Sunday	9:00 AM	6:00 PM	9
Week 2	**Inversions,Sun Salutaions and Abdominals**				
	3-Apr	Wednesday	9:00 AM	6:00 PM	9
	4-Apr	Thursday	9:00 AM	6:00 PM	9
	5-Apr	Friday	9:00 AM	6:00 PM	9
	6-Apr	Saturday	9:00 AM	6:00 PM	9
	7-Apr	Sunday	9:00 AM	6:00 PM	9
Week 3	**Standing Twists, Backbends, How to teach Beginners**				
	29-May	Wednesday	9:00 AM	6:00 PM	9
	30-May	Thursday	9:00 AM	6:00 PM	9
	31-May	Friday	9:00 AM	6:00 PM	9
	1-Jun	Saturday	9:00 AM	6:00 PM	9
	2-Jun	Sunday	9:00 AM	6:00 PM	9
Week 4	**Seated Twists, Forward bends, Lotus, Restoratives**				
	5-Jun	Wednesday	9:00 AM	6:00 PM	9
	6-Jun	Thursday	9:00 AM	6:00 PM	9
	7-Jun	Friday	9:00 AM	6:00 PM	9
	8-Jun	Saturday	9:00 AM	6:00 PM	9
	9-Jun	Sunday	9:00 AM	6:00 PM	9

**8 classes to be taken outside of the training at your leisure between March 27 - June 9*