yogaworks FOR EVERYBODY

KALANI Oceanside Retreat, Hawaii

200 Hour Teacher Training Program

4-Week Residential

Dates: June 13 - July 13, 2014

Location: Kalani Oceanside Retreat
12-6860 Kapoho Kalapana Rd
Pahoa, HI 96778

RYS 200 Registered Yoga School

Trainer: Alicia Cheung and Oliver Reinsch

Contact: Alicia Cheung at alicia.cheung@yogaworks.us

Tuition: Private bath: triple room $6095, double room $6690, and single room $8195 if paid in full by November 20, 2013.
Shared bath: triple room $5650, double room $5950, and single room $6990 if paid in full by November 20, 2013.
Register by November 20, February 1 or May 1 and receive a special discounted tuition!
*Prices listed are based on theNovember 20, 2013 discounted rate.
Tuition includes housing (check in on June 13 and check out July 13, 2014), all meals, tuition, manual, airport transfers on June 13 and July 13, 2014, use of facilities, complementary classes during the retreat, and one group trekking adventure.
Facilities include heated watsu pool, 25 meter pool, jacuzzi and sauna.

Week	Date	Day	AM Start Time	PM End Time	Hours
Check In	13-Jun	Friday			
Retreat, Introductions & Logistics	14-Jun	Saturday	7:00PM	9:00PM	2
Week 1	**YW Classic/Opening, Symmetrical Neutrally Rotated Standing Poses, Intro to Surya Namaskara A, Trunk Stabilization, & Externally Rotated Standing Poses**				
	15-Jun	Sunday	6:30AM	3:30PM	8
	16-Jun	Monday	6:30AM	3:30PM	8
	17-Jun	Tuesday	6:30AM	3:30PM	8
	18-Jun	Wednesday	6:30AM	3:30PM	8
	19-Jun	Thursday	6:30AM	3:30PM	8
	20-Jun	Friday	6:30AM	3:30PM	8
	Off June 21				
Week 2	**Surya Namaskara A, Assymmetrical Neutral Standing Poses, Surya B & Heating/Cooling Inversions**				
	22-Jun	Sunday	6:30AM	3:30PM	8
	23-Jun	Monday	6:30AM	3:30PM	8
	24-Jun	Tuesday	6:30AM	3:30PM	8
	25-Jun	Wednesday	6:30AM	3:30PM	8
	26-Jun	Thursday	6:30AM	3:30PM	8
	27-Jun	Friday	6:30AM	3:30PM	8
	Off June 28				
Week 3	**Standing Twists, Simple Backbends, Beginners, Urdhva Dhanurasana & Forward Bends**				
	29-Jun	Sunday	6:30AM	3:30PM	8
	30-Jun	Monday	6:30AM	3:30PM	8
	1-Jul	Tuesday	6:30AM	3:30PM	8
	2-Jul	Wednesday	6:30AM	3:30PM	8
	3-Jul	Thursday	6:30AM	3:30PM	8
	4-Jul	Friday	6:30AM	3:30PM	8
	Off July 5 and 6, optional yoga and group excurstion available.				
Week 4	**Seated Twists, Restoratives, Clothesline or Chair Backbends, Hip Openers, Arm Balances, In-Class Exam, Inversions Review and Core & Final Practice Teaching**				
	7-Jul	Monday	6:30AM	3:30PM	8
	8-Jul	Tuesday	6:30AM	3:30PM	8
	9-Jul	Wednesday	6:30AM	3:30PM	8
	10-Jul	Thursday	6:30AM	3:30PM	8
	11-Jul	Friday	6:30AM	3:30PM	8
	12-Jul	Saturday, karma yoga/community service project plus optional yoga.			
Check Out	13-Jul	Sunday		Check Out	