

YOGA4SOUL

Be a positive role model

200 HOUR TEACHER TRAINING PROGRAM WEEKDAY/WEEKEND INTENSIVE FORMAT SCHEDULE

**PLEASE NOTE THAT THE SCHEDULE IS SUBJECT TO CHANGE,
DEPENDING ON ATTENDANCE.**

DATES: 4/7/09 –6/14/09

DATES: 9/8/09 – 12/30/09, 1/15/10 – 3/30/10 4/10/10 – 6/15/10

**LOCATION: 131W 72ND ST/ Please note location and dates are subject to
change.**

JAN 10TH THURSDAY 6PM-9PM 3HRS INTRODUCTION, Y4S HISTORY, Q/A
JAN 12TH SATURDAY 9AM-5PM 7 HRS BODY TYPE, GUNAS, ANATOMY
JAN 13TH SUNDAY 9AM-5PM 7 HRS SHINE CHAKRAS, 7TH CHAKRAS, ANATOMY
JAN 15TH TUESDAY 6PM- 9PM 3HRS AYURVEDA, ANATOMY
JAN 17TH THURSDAY 6PM -9PM 3HRS HISTORY OF YOGA, 8LIMBS, YAMAS, NIYAMAS
JAN 19TH SATURDAY 9AM-5PM 7 HRS BANDHAS, BREATH WORK, ANATOMY
JAN 20TH SUNDAY 9AM- 5PM 7 HRS HOW TO SIT, ANATOMY
JAN 22ND TUESDAY 6PM-9PM 3 HRS MANTRAS, PHILOSOPHY
JAN 24TH THURSDAY 6PM-9PM 3HRS MEDITATION, PATANJALI
JAN 26TH SATURDAY 9AM-5PM 7 HRS PRE VINYASA, ANATOMY
JAN 27TH SUNDAY 9AM-5PM 7 HRS DEVOTION, SUN SALTATION A, ANATOMY
JAN 29TH TUESDAY 6PM-9PM 3HRS OBSERVATION (NONCONTACT HRS)
JAN 31ST THURSDAY 6PM-9PM 3HRS ANATOMY, BODY CONTACT

FEB 2ND SATURDAY 9AM-5PM 7HRS SUN SALATATION B/NEUTRLIZERS
FEB 3RD SUNDAY 9AM-5PM 7HRS 1/2 FEET STANDING POSES (payment due)
FEB 5TH TUESDAY 6PM-9PM 3HRS OBSERVATION (CONTACT HRS) ANATOMY
FEB 7TH THURSDAY 6PM-9PM 3HRS ARM BALANCES POSES, ANATOMY
FEB 9TH SATURDAY 9AM- 5PM 7HRS ONE FEET STANDING, ANATOMY
FEB 10TH SUNDAY 9AM- 5PM 7HRS TWIST STANDING POSES ANATOMY
FEB 12TH TUESDAY 6PM-9PM 3HRS KIRYAS/CLEANSING PRACTICES
FEB 16TH SATURDAY 9AM- 5PM 7HRS SITTING POSES, ANATOMY
FEB 17TH SUNDAY 9AM- 5PM 7HRS BACKBENDS, ANATOMY
FEB 19TH TUESDAY 6PM-9PM 3HRS CONTACT HRS PRACTICE
FEB 21ST THURSDAY 6PM-9PM 3HRS REMINDER OF CPR, (NON CONTACT HRS)
FEB 24TH SUNDAY 9AM- 5PM 7HRS SEATED FORWARD BENDS, ANATOMY
FEB 26TH TUESDAY 6PM-9PM 3HRS GIVING ADJUSTMENT
FEB 28TH THURSDAY 6PM-9PM 3HRS USE OF PROPS

MAR 1ST SATURDAY 9AM- 5PM 7HRS CORE, ANATOMY
MAR 2ND SUNDAY 9AM- 5PM 7HRS INVERSION ANATOMY
MAR 4TH TUESDAY 6PM-9PM 3HRS SAVASANA (payment due)
MAR 6TH THURSDAY 6PM-9PM 3HRS INJURY PREVENTION, ANATOMY
YOGA HEALING/THERAPY
MAR 8TH SATURDAY 9AM- 5PM 7HRS RESTORATIVES, ANATOMY

MAR 9TH SUNDAY	9AM- 5PM	7HRS HOW TO TEACH BEGINNERS, ANATOMY
MAR 11TH TUESDAY	6PM-9PM	3HRS PRENATAL/KIDS/SENIORS
MAR 13TH THURSDAY	6PM-9PM	3HRS WORKING WITH PRIVATES CLIENTS
MAR 15TH SATURDAY	9AM- 5PM	7HRS SANSKIRT
MAR 16TH SUNDAY	9AM- 5PM	7HRS THE ETHICS OF BEING A YOGA TEACHER
MAR 18TH TUESDAY	6PM-9PM	3HRS SKILLS OF TEACHER'S SURVIVAL KIT
MAR 20TH THURSDAY	6PM-9PM	3HRS REVEIW
MAR 22ND SATURDAY	9AM- 5PM	7HRS PRACTICE TEACH, YOGA4SOUL STYLE/NADAM
MAR 23RD SUNDAY	9AM- 5PM	7HRS TEST PRACTICE TEACHING SKILLS
MAR 26TH TUESDAY	6PM- 9PM	NON CONTACT HRS PRACTICE
MAR 27TH THURSDAY	6PM-9PM	3HRS WRITTEN EXAM
MAR 29TH SATURDAY	9AM- 5PM	7HRS REVIEW/ BEYOND YOGA
<u>COMPLETION OF CPR (BY THE DATE) AND PAYMENT IN FULL</u>		
MAR 30TH SUNDAY	9AM- 5PM	7HRS GRUDATATION