



200-Hour Teacher Training Program

12-Weekend Training

Dates: September 9, 2017 - July 29, 2018
Location: YogaBalance
 135 Hooksett Road
 Manchester, New Hampshire 03104



Trainer: Katherine White

Contact: For more information contact Angelli Robison at angelli@yogaworks.com or (310) 664-6470 ext 137

Info Session 1: Saturday, June 3, 2017, from 1:30pm-3:30pm. Begins with a FREE YogaWorks style mini-class with Kate

Info Session 2: Saturday, July 29, 2017, from 1:30pm-3:30pm. Begins with a FREE YogaWorks style mini-class with Kate
 Space is limited, so enroll online at YogaBalance.info to hold your spot.

Tuition: \$2900 if paid in full by Saturday, June 3, 2017
 \$3100 if paid in full by Saturday, July 29, 2017
 \$3300 after Saturday, July 29, 2017
 Previously 200-hour Yoga Alliance certified instructors: \$1650
 Seniors 62+: \$2300

A \$500 deposit is required to hold your spot (deposit is part of your total tuition).

Class-Taking Requirement: Students must take 16 yoga classes at any studio to experience different styles, levels and methodologies.
 You will receive 16 free yoga classes at YogaBalance, if you choose to take your classes here.

| Week | Date | Day | Start Time | End Time | Hours | Topic* |
|-----------------|-----------|----------|------------|----------|-------|--|
| Week 1 | 9-Sep-17 | Saturday | 10:00AM | 5:30PM | 7.5 | Welcome & Neutrally Rotated Standing Poses |
| | 10-Sep-17 | Sunday | 10:00AM | 3:30PM | 5.5 | Intro to Surya Namaskar |
| Week 2 | 7-Oct-17 | Saturday | 10:00AM | 5:30PM | 7.5 | Philosophy & Externally Rotated Standing Poses |
| | 8-Oct-17 | Sunday | 10:00AM | 3:30PM | 5.5 | Externally Rotated Standing Poses |
| Week 3 | 4-Nov-17 | Saturday | 10:00AM | 5:30PM | 7.5 | Asana (be prepared to practice) & Surya Namaskar A |
| | 5-Nov-17 | Sunday | 10:00AM | 3:30PM | 5.5 | Asymmetrical Neutral Standing Poses |
| Week 4 | 2-Dec-17 | Saturday | 10:00AM | 5:30PM | 7.5 | Philosophy & Surya Namaskar B |
| | 3-Dec-17 | Sunday | 10:00AM | 3:30PM | 5.5 | Well Rounded YogaWorks Class |
| Week 5 | 6-Jan-18 | Saturday | 10:00AM | 5:30PM | 7.5 | Philosophy & Inversions |
| | 7-Jan-18 | Sunday | 10:00AM | 3:30PM | 5.5 | Inversions |
| Week 6 | 3-Feb-18 | Saturday | 10:00AM | 5:30PM | 7.5 | Pranayama & Inversions |
| | 4-Feb-18 | Sunday | 10:00AM | 3:30PM | 5.5 | Twisting Poses |
| Week 7 | 3-Mar-18 | Saturday | 10:00AM | 5:30PM | 7.5 | Philosophy & Simple Backbends |
| | 4-Mar-18 | Sunday | 10:00AM | 3:30PM | 5.5 | How to Teach Beginners |
| Week 8 | 7-Apr-18 | Saturday | 10:00AM | 5:30PM | 7.5 | Philosophy & Urdvha Dhanurasana |
| | 8-Apr-18 | Sunday | 10:00AM | 3:30PM | 5.5 | Supta Padangustasana & Forward Bends |
| Week 9 | 5-May-18 | Saturday | 10:00AM | 5:30PM | 7.5 | Philosophy & Seated Twists |
| | 6-May-18 | Sunday | 10:00AM | 3:30PM | 5.5 | Chair Backbends |
| Week 10 | 2-Jun-18 | Saturday | 10:00AM | 5:30PM | 7.5 | Practice Teach & Restoratives |
| | 3-Jun-18 | Sunday | 10:00AM | 3:30PM | 5.5 | Prenatal Yoga, Elective & Exam Review |
| Week 11 | 30-Jun-18 | Saturday | 10:00AM | 5:30PM | 7.5 | Pranayama, Hip Openers & Arm Balances |
| | 1-Jul-18 | Sunday | 10:00AM | 3:30PM | 5.5 | Inversions & Abdominals |
| Week 12 | 28-Jul-18 | Saturday | 10:00AM | 5:30PM | 7.5 | In-Class Exam, Final Practicum Prep & Business of Yoga |
| | 29-Jul-18 | Sunday | 10:00AM | 3:30PM | 5.5 | Final Practicum |
| Snow Day | 11-Aug-18 | Saturday | 10:00AM | 5:30PM | 7.5 | TBA |
| Weekend | 12-Aug-18 | Sunday | 10:00AM | 3:30PM | 5.5 | TBA |

*Topic schedule is subject to change