



200-Hour Teacher Training Program

12-Weekend Training

Dates: September 12, 2015 - July 24, 2016

Location: YogaBalance
135 Hooksett Road
Manchester, New Hampshire 03104

Trainer: Jocelyn Casey-Whiteman
Please call Angelli at (310) 664-6470 ext. 137 or email: AngelliR@YogaWorks.com

Info Session 1: Friday, May 29, 2015, from 6:00pm-8:00pm. Begins with a FREE mini-class with Jocelyn Casey-Whiteman

Info Session 2: Friday, July 24, 2015, from 6:00pm-8:00pm. Begins with a FREE mini-class with Jocelyn Casey-Whiteman!
Space is limited, so enroll online at YogaBalance.info to hold your spot.

Tuition: \$2900 if paid in full by Friday, May 29, 2015
\$3100 if paid in full by Friday, July 24, 2015
\$3300 after Friday, July 24, 2015
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).



Week	Date	Day	Start Time	End Time	Hours	Topic*
Week 1	12-Sep-15	Saturday	10:00AM	5:30PM	7.5	Welcome & Neutrally Rotated Standing Poses
	13-Sep-15	Sunday	10:00AM	3:30PM	5.5	Intro to Surya Namaskar
Week 2	10-Oct-15	Saturday	10:00AM	5:30PM	7.5	Philosophy & Externally Rotated Standing Poses
	11-Oct-15	Sunday	10:00AM	3:30PM	5.5	Externally Rotated Standing Poses
Week 3	7-Nov-15	Saturday	10:00AM	5:30PM	7.5	Asana (be prepared to practice) & Surya Namaskar A
	8-Nov-15	Sunday	10:00AM	3:30PM	5.5	Asymmetrical Neutral Standing Poses
Week 4	5-Dec-15	Saturday	10:00AM	5:30PM	7.5	Philosophy & Surya Namaskar B
	6-Dec-15	Sunday	10:00AM	3:30PM	5.5	Well Rounded YogaWorks Class
Week 5	9-Jan-16	Saturday	10:00AM	5:30PM	7.5	Philosophy & Inversions
	10-Jan-16	Sunday	10:00AM	3:30PM	5.5	Inversions
Week 6	6-Feb-16	Saturday	10:00AM	5:30PM	7.5	Pranayama & Inversions
	7-Feb-16	Sunday	10:00AM	3:30PM	5.5	Twisting Poses
Week 7	5-Mar-16	Saturday	10:00AM	5:30PM	7.5	Philosophy & Simple Backbends
	6-Mar-16	Sunday	10:00AM	3:30PM	5.5	How to Teach Beginners
Week 8	2-Apr-16	Saturday	10:00AM	5:30PM	7.5	Philosophy & Urdvha Dhanurasana
	3-Apr-16	Sunday	10:00AM	3:30PM	5.5	Supta Padangustasana & Forward Bends
Week 9	30-Apr-16	Saturday	10:00AM	5:30PM	7.5	Philosophy & Seated Twists
	1-May-16	Sunday	10:00AM	3:30PM	5.5	Chair Backbends
Week 10	28-May-16	Saturday	10:00AM	5:30PM	7.5	Practice Teach & Restoratives
	29-May-16	Sunday	10:00AM	3:30PM	5.5	Prenatal Yoga, Elective & Exam Review
Week 11	25-Jun-16	Saturday	10:00AM	5:30PM	7.5	Pranayama, Hip Openers & Arm Balances
	26-Jun-16	Sunday	10:00AM	3:30PM	5.5	Inversions & Abdominals
Week 12	23-Jul-16	Saturday	10:00AM	5:30PM	7.5	In-Class Exam, Final Practicum Prep & Business of Yoga
	24-Jul-16	Sunday	10:00AM	3:30PM	5.5	Final Practicum
Snow Day	6-Aug-16	Saturday	10:00AM	5:30PM	7.5	TBA
Weekend	7-Aug-16	Sunday	10:00AM	3:30PM	5.5	TBA

*Topic schedule is subject to change