

200 Hour Teacher Training Program

Summer 4-Week Intensive

Dates: July 7 - August 1, 2008

Location: YOGASTUDIO San Francisco

1823 Divisadero Street

michelle@yogastudiomillvalley.com, (415) 318-7657.

Info Session: TBD

Price: \$2975 in paid-in-full by June 7th, \$3250 after June 7th

Week	Date	Day	Start Time	End Time	Hours	
Week 1	Standing Poses (Neutrally and Externally Rotated)					
		7-Jul	Monday	8:00 AM	5:00 PM	9
		8-Jul	Tuesday	8:00 AM	5:00 PM	9
		9-Jul	Wednesday	8:00 AM	5:00 PM	9
		10-Jul	Thursday	8:00 AM	5:00 PM	9
		11-Jul	Friday	8:00 AM	5:00 PM	9
		Anatomy Intensive *				
	12-Jul	Saturday	12:00PM	6:00PM	6	
	13-Jul	Sunday	12:00PM	6:00PM	6	
Week 2	Inversions, Sun Salutations and Abdominals					
		14-Jul	Monday	8:00 AM	5:00 PM	9
		15-Jul	Tuesday	8:00 AM	5:00 PM	9
		16-Jul	Wednesday	8:00 AM	5:00 PM	9
		17-Jul	Thursday	8:00 AM	5:00 PM	9
	18-Jul	Friday	8:00 AM	5:00 PM	9	
Week 3	Standing Twists, Backbends, How to teach Beginners					
		21-Jul	Monday	8:00 AM	5:00 PM	9
		22-Jul	Tuesday	8:00 AM	5:00 PM	9
		23-Jul	Wednesday	8:00 AM	5:00 PM	9
		24-Jul	Thursday	8:00 AM	5:00 PM	9
	25-Jul	Friday	8:00 AM	5:00 PM	9	
Week 4	Seated Twists, Forward bends, Lotus, Restoratives					
		28-Jul	Monday	8:00 AM	5:00 PM	9
		29-Jul	Tuesday	8:00 AM	5:00 PM	9
		30-Jul	Wednesday	8:00 AM	5:00 PM	9
		31-Jul	Thursday	8:00 AM	5:00 PM	9
	1-Aug	Friday	8:00 AM	5:00 PM	9	

**Anatomy Intensive is required. This workshop is included in the price of the training.*