

200 Hour Teacher Training Program

Weekend Format

Dates: September 11, 2010-February 20, 2011
Location: Back Bay Yoga Studio
 364 Boylston Street, 2nd Flr between Arlington & Berkeley Streets
 Boston, MA 02116
How to Get There: Arlington Green line T Stop, Back Bay Commuter Rail or Orange Line
Contact: lianas@yogaworks.com; 212-965-0801
Trainer: Natasha Rizopoulos, www.natasharizopoulos.com
Tuition: \$3150 when paid-in-full by August 8, 2010; \$3400 after August 8, 2010
Info Session: details coming soon!

| Week | Date | Day | Start Time | End Time | Hours | Topic |
|----------------|--------|----------|------------|----------|-------|---|
| Week 1 | 11-Sep | Saturday | 12:00PM | 7:00PM | 7 | Welcome & Neutrally Rotated Standing Poses |
| | 12-Sep | Sunday | 12:00PM | 7:00PM | 7 | Neutrally Rotated Standing Poses & Anatomy |
| Week 2 | 25-Sep | Saturday | 12:00PM | 7:00PM | 7 | Philosophy & Externally Rotated Standing Poses |
| | 26-Sep | Sunday | 12:00PM | 7:00PM | 7 | Externally Rotated Standing Poses & Anatomy |
| Week 3 | 9-Oct | Saturday | 12:00PM | 7:00PM | 7 | Philosophy & Inversions |
| | 10-Oct | Sunday | 12:00PM | 7:00PM | 7 | Inversions & Anatomy |
| Week 4 | 23-Oct | Saturday | 12:00PM | 7:00PM | 7 | Surya Namaskar |
| | 24-Oct | Sunday | 12:00PM | 7:00PM | 7 | Surya Namaskar & Anatomy |
| Week 5 | 30-Oct | Saturday | 12:00PM | 7:00PM | 7 | Philosophy & Standing Twists & Simple Backbends |
| | 31-Oct | Sunday | 12:00PM | 7:00PM | 7 | Standing Twists, Simple Backbends & Anatomy |
| Week 6 | 20-Nov | Saturday | 12:00PM | 7:00PM | 7 | Pranayama & Urdvha Dhanurasana |
| | 21-Nov | Sunday | 12:00PM | 7:00PM | 7 | How to Teacher Beginners & Anatomy |
| Week 7 | 11-Dec | Saturday | 12:00PM | 7:00PM | 7 | Philosophy, Forward bends, Abdominals & Twists |
| | 12-Dec | Sunday | 12:00PM | 7:00PM | 7 | Forward bends, Abdominals & Twists |
| Week 8 | 18-Dec | Saturday | 12:00PM | 7:00PM | 7 | Philosophy & Chair Backbends |
| | 19-Dec | Sunday | 12:00PM | 7:00PM | 7 | Restoratives & Subtle Body |
| Week 9 | 15-Jan | Saturday | 12:00PM | 7:00PM | 7 | Pranayama & Hip Openers |
| | 16-Jan | Sunday | 12:00PM | 7:00PM | 7 | Padmasana & Mantra/Chanting |
| Week 10 | 29-Jan | Saturday | 12:00PM | 7:00PM | 7 | Intro to Meditation & Shoulder Focus |
| | 30-Jan | Sunday | 12:00PM | 7:00PM | 7 | Arm Balances & Principles of Ayurveda |
| Week 11 | 5-Feb | Saturday | 12:00PM | 7:00PM | 7 | Meditation & Working with Private Clients |
| | 6-Feb | Sunday | 12:00PM | 7:00PM | 7 | Practice Teach |
| Week 12 | 19-Feb | Saturday | 12:00PM | 7:00PM | 7 | Prenatal & Practice Teach |
| | 20-Feb | Sunday | 12:00PM | 7:00PM | 7 | Final Teaching Practicum |