

200 Hour Teacher Training Program

4-Week Intensive

Dates: March 1-26, 2010

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 January 29; \$3400 after January 29

Info Session: more details coming soon!

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