



## 200-Hour Teacher Training Program

### 12-Weekend Training

**Dates:** September 8, 2018 - July 28, 2019

**Location:** YogaBalance  
135 Hooksett Road  
Manchester, New Hampshire 03104

**Trainer:** Katherine White

**Contact:** For more information contact Aubrey Elizaga or aubreyee@yogaworks.com or (310) 664-6470 ext 137

**Info Session 1:** Saturday, June 9, 2018, from 1:30pm-3:30pm. Begins with a FREE YogaWorks style mini-class with Kate

**Info Session 2:** Saturday, July 21, 2018, from 1:30pm-3:30pm. Begins with a FREE YogaWorks style mini-class with Kate

Space is limited, so enroll online at [YogaBalance.info](http://YogaBalance.info) to hold your spot.

**Tuition:** \$2900 if paid in full by Saturday, June 9, 2018

\$3100 if paid in full by Saturday, July 21, 2018

\$3300 after Saturday, July 21, 2018

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	8-Sep-18	Saturday	10:00AM	5:30PM	7.5	Welcome & Neutrally Rotated Standing Poses
	9-Sep-18	Sunday	10:00AM	3:30PM	5.5	Intro to Surya Namaskar
Week 2	6-Oct-18	Saturday	10:00AM	5:30PM	7.5	Philosophy & Externally Rotated Standing Poses
	7-Oct-18	Sunday	10:00AM	3:30PM	5.5	Externally Rotated Standing Poses
Week 3	3-Nov-18	Saturday	10:00AM	5:30PM	7.5	Asana (be prepared to practice) & Surya Namaskar A
	4-Nov-18	Sunday	10:00AM	3:30PM	5.5	Asymmetrical Neutral Standing Poses
Week 4	1-Dec-18	Saturday	10:00AM	5:30PM	7.5	Philosophy & Surya Namaskar B
	2-Dec-18	Sunday	10:00AM	3:30PM	5.5	Well Rounded YogaWorks Class
Week 5	5-Jan-19	Saturday	10:00AM	5:30PM	7.5	Philosophy & Inversions
	6-Jan-19	Sunday	10:00AM	3:30PM	5.5	Inversions
Week 6	2-Feb-19	Saturday	10:00AM	5:30PM	7.5	Pranayama & Inversions
	3-Feb-19	Sunday	10:00AM	3:30PM	5.5	Twisting Poses
Week 7	2-Mar-19	Saturday	10:00AM	5:30PM	7.5	Philosophy & Simple Backbends
	3-Mar-19	Sunday	10:00AM	3:30PM	5.5	How to Teach Beginners
Week 8	6-Apr-19	Saturday	10:00AM	5:30PM	7.5	Philosophy & Urdvha Dhanurasana
	7-Apr-19	Sunday	10:00AM	3:30PM	5.5	Supta Padangustasana & Forward Bends
Week 9	4-May-19	Saturday	10:00AM	5:30PM	7.5	Philosophy & Seated Twists
	5-May-19	Sunday	10:00AM	3:30PM	5.5	Chair Backbends
Week 10	1-Jun-19	Saturday	10:00AM	5:30PM	7.5	Practice Teach & Restoratives
	2-Jun-19	Sunday	10:00AM	3:30PM	5.5	Prenatal Yoga, Elective & Exam Review
Week 11	29-Jun-19	Saturday	10:00AM	5:30PM	7.5	Pranayama, Hip Openers & Arm Balances
	30-Jun-19	Sunday	10:00AM	3:30PM	5.5	Inversions & Abdominals
Week 12	27-Jul-19	Saturday	10:00AM	5:30PM	7.5	In-Class Exam, Final Practicum Prep & Business of Yoga
	28-Jul-19	Sunday	10:00AM	3:30PM	5.5	Final Practicum
Snow Day	10-Aug-19	Saturday	10:00AM	5:30PM	7.5	TBA
Weekend	11-Aug-19	Sunday	10:00AM	3:30PM	5.5	TBA

\*Topics subject to change