

## 200-Hour Teacher Training Program

### Extended Format

**Dates:** June 18 - October 24, 2010  
**Location:** iamyoga studio  
 661 Yonge St. Suite 300, Toronto, Ontario M4Y 1Z9  
**Trainer:** Paula Lynch, www.yogapaula.com  
**Tuition:** \$3150 + \$157.50 CAN GST if paid-in-full by May 6, 2010  
 \$3400 + \$170.00 CAN GST after May 6, 2010  
**For more Info:** ring 416.920.9642, or email yogaworkstt@iamyoga.ca  
**Info Session & Class:** TBA, includes a **FREE one-hour class with Paula!**  
 Space is limited. Please RSVP to hold your spot.

Week	Date	Day	Start Time	End Time	Hours	Topic
<b>Session 1</b>	18-Jun	Friday	8:00 AM	5:00PM	9	Welcome
	19-Jun	Saturday	8:00 AM	5:00PM	9	Neutrally Rotated Standing Poses
	20-Jun	Sunday	8:00 AM	5:00PM	9	Externally Rotated Standing Poses
<b>Anatomy Intensive*</b>	26-Jun	Saturday	12:00 PM	6:00 PM	6	Anatomy Intensive
	27-Jun	Sunday	12:00 PM	6:00 PM	6	Anatomy Intensive
<b>Session 2</b>	9-Jul	Friday	8:00 AM	5:00PM	9	Asana / Neutral & External Review
	10-Jul	Saturday	8:00 AM	5:00PM	9	Surya Namaskar
	11-Jul	Sunday	8:00 AM	5:00PM	9	Surya Namaskar
<b>Session 3</b>	30-Jul	Friday	8:00 AM	5:00PM	9	Inversions
	31-Jul	Saturday	8:00 AM	5:00PM	9	Philosophy & Subtle Body
	1-Aug	Sunday	8:00 AM	5:00PM	9	Inversions
<b>Session 4</b>	20-Aug	Friday	8:00 AM	5:00PM	9	Standing & Seated Twists
	21-Aug	Saturday	8:00 AM	5:00PM	9	Standing & Seated Twists, & Pre-Natal
	22-Aug	Sunday	8:00 AM	5:00PM	9	Simple Backbends
<b>Session 5</b>	10-Sep	Friday	8:00 AM	5:00PM	9	Urdvha Dhanurasana
	11-Sep	Saturday	8:00 AM	5:00PM	9	How to Teach Beginners
	12-Sep	Sunday	8:00 AM	5:00PM	9	How to Teach Beginners
<b>Session 6</b>	1-Oct	Friday	8:00 AM	5:00PM	9	Forward Bends & Ayurveda
	2-Oct	Saturday	8:00 AM	5:00PM	9	Chair Backbends
	3-Oct	Sunday	8:00 AM	5:00PM	9	Restoratives & Relaxation Response
<b>Session 7</b>	22-Oct	Friday	8:00 AM	5:00PM	9	Arm Balances & Abdominals
	22-May	Saturday	8:00 AM	5:00PM	9	Hip Openers & Lotus
	23-May	Sunday	8:00 AM	5:00PM	9	In-Class Teaching & Closing

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