

200-Hour Teacher Training Program

Extended Format

Dates: June 10 - December 18, 2011
Location: iamyoga studio
 661 Yonge St. Suite 300, Toronto, Ontario M4Y 1Z9
Trainer: Edwin Bergman
Tuition: \$3150 USD if paid-in-full by April 20
 \$3400 USD after April 20
For more Info: ring 416.920.9642, or email yogaworkstt@iamyoga.ca
Info Session & Class at special location! *Wednesday, April 20th, 7:45-10pm Includes a free one-hour YogaWorks style class with Edwin! at Lululemon Yorkville (153 Cumberland St, Toronto, M5S 1A2) RSVP required. Space is limited.*

Week	Date	Day	Start Time	End Time	Hours	Topic
Session 1	10-Jun	Friday	8:00 AM	5:00PM	9	Welcome
	11-Jun	Saturday	8:00 AM	5:00PM	9	Neutrally Rotated Standing Poses
	12-Jun	Sunday	8:00 AM	5:00PM	9	Externally Rotated Standing Poses
Anatomy Intensive*	25-Jun	Saturday	12:00 PM	6:00 PM	6	Anatomy Intensive
	26-Jun	Sunday	12:00 PM	6:00 PM	6	Anatomy Intensive
Session 2	15-Jul	Friday	8:00 AM	5:00PM	9	Asana / Neutral & External Review
	16-Jul	Saturday	8:00 AM	5:00PM	9	Surya Namaskar
	17-Jul	Sunday	8:00 AM	5:00PM	9	Surya Namaskar
Session 3	12-Aug	Friday	8:00 AM	5:00PM	9	Inversions
	13-Aug	Saturday	8:00 AM	5:00PM	9	Philosophy & Subtle Body
	14-Aug	Sunday	8:00 AM	5:00PM	9	Inversions
Session 4	9-Sep	Friday	8:00 AM	5:00PM	9	Standing & Seated Twists
	10-Sep	Saturday	8:00 AM	5:00PM	9	Standing & Seated Twists, & Pre-Natal
	11-Sep	Sunday	8:00 AM	5:00PM	9	Simple Backbends
Session 5	14-Oct	Friday	8:00 AM	5:00PM	9	Urdvha Dhanurasana
	15-Oct	Saturday	8:00 AM	5:00PM	9	How to Teach Beginners
	16-Oct	Sunday	8:00 AM	5:00PM	9	How to Teach Beginners
Session 6	11-Nov	Friday	8:00 AM	5:00PM	9	Forward Bends & Ayurveda
	12-Nov	Saturday	8:00 AM	5:00PM	9	Chair Backbends
	13-Nov	Sunday	8:00 AM	5:00PM	9	Restoratives & Relaxation Response
Session 7	16-Dec	Friday	8:00 AM	5:00PM	9	Arm Balances & Abdominals
	17-Dec	Saturday	8:00 AM	5:00PM	9	Hip Openers & Lotus
	18-Dec	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.*