

200 Hour Teacher Training Program

12-Weekend Format

Dates: September 6-November 23, 2008

Location: Highland Yoga

1572 Rt 23 North, Butler/Kinnelon, NJ

Contact: Jerry at highlandyoga@verizon.net, or (973) 838-YOGA

www.HighlandYoga.com



Week	Date	Day	Start Time	End Time	Hours	Topic
Week 1	6-Sep	Saturday	11:00AM	6:00PM	7	Welcome & Neutrally Rotated Standing Poses
	7-Sep	Sunday	11:00AM	6:00PM	7	Neutrally Rotated Standing Poses & Anatomy
Week 2	13-Sep	Saturday	11:00AM	6:00PM	7	Philosophy & Externally Rotated Standing Poses
	14-Sep	Sunday	11:00AM	6:00PM	7	Externally Rotated Standing Poses & Anatomy
Week 3	20-Sep	Saturday	11:00AM	6:00PM	7	Philosophy & Inversions
	21-Sep	Sunday	11:00AM	6:00PM	7	Inversions & Anatomy
Week 4	27-Sep	Saturday	11:00AM	6:00PM	7	Surya Namaskar
	28-Sep	Sunday	11:00AM	6:00PM	7	Surya Namaskar & Anatomy
Week 5	4-Oct	Saturday	11:00AM	6:00PM	7	Philosophy & Standing Twists & Simple Backbends
	5-Oct	Sunday	11:00AM	6:00PM	7	Standing Twists, Simple Backbends & Anatomy
Week 6	11-Oct	Saturday	11:00AM	6:00PM	7	Pranayama & Urdvha Dhanurasana
	12-Oct	Sunday	11:00AM	6:00PM	7	How to Teacher Beginners & Anatomy
Week 7	18-Oct	Saturday	11:00AM	6:00PM	7	Philosophy, Forward bends, Abdominals & Twists
	19-Oct	Sunday	11:00AM	6:00PM	7	Forward bends, Abdominals & Twists
Week 8	25-Oct	Saturday	11:00AM	6:00PM	7	Philosophy & Chair Backbends
	26-Oct	Sunday	11:00AM	6:00PM	7	Restoratives & Subtle Body
Week 9	1-Nov	Saturday	11:00AM	6:00PM	7	Pranayama & Hip Openers
	2-Nov	Sunday	11:00AM	6:00PM	7	Padmasana & Mantra/Chanting
Week 10	8-Nov	Saturday	11:00AM	6:00PM	7	Intro to Meditation & Shoulder Focus
	9-Nov	Sunday	11:00AM	6:00PM	7	Arm Balances & Principles of Ayurveda
Week 11	15-Nov	Saturday	11:00AM	6:00PM	7	Meditation & Working with Private Clients
	16-Nov	Sunday	11:00AM	6:00PM	7	Practice Teach
Week 12	22-Nov	Saturday	11:00AM	6:00PM	7	Prenatal & Practice Teach
	23-Nov	Sunday	11:00AM	6:00PM	7	Final Teaching Practicum