



200 Hour Teacher Training Program

12-Weekend Training

Dates: January 9 - June 6, 2010
Location: Highland Yoga
 1572 Rt 23 North
 Butler, NJ 07405
Trainer: Edwin Bergman, www.edwinbergman.com
Contact: Please call Stephen Tortorello at (973) 838-9642 or email: highlandyoga@verizon.net
Tuition: \$3150 if you pay-in-full by December 10, 2009; \$3400 after December 10, 2009
Info Session: Saturday, November 14th, 11:00 - 1:00pm (includes a FREE class taught by Edwin Bergman!)

Week	Date	Day	Start Time	End Time	Hours	Topic
Week 1	09-Jan	Saturday	11:00PM	6:00PM	7	Neutrally Rotated Standing Poses & Philosophy
	10-Jan	Sunday	11:00PM	6:00PM	7	Neutrally Rotated Standing Poses
Week 2	23-Jan	Saturday	11:00PM	6:00PM	7	Externally Rotated Standing Poses & Philosophy
	24-Jan	Sunday	11:00PM	6:00PM	7	Externally Rotated Standing Poses
Week 3	13-Feb	Saturday	11:00PM	6:00PM	7	Inversions & Asana
	14-Feb	Sunday	11:00PM	6:00PM	7	Inversions
Week 4	20-Feb	Saturday	11:00PM	6:00PM	7	Surya Namaskar & Philosophy
	21-Feb	Sunday	11:00PM	6:00PM	7	Surya Namaskar
Week 5	06-Mar	Saturday	11:00PM	6:00PM	7	Standing Twists, Simple Backbends & Pranayama
	07-Mar	Sunday	11:00PM	6:00PM	7	Standing Twists, Simple Backbends
Week 6	13-Mar	Saturday	11:00PM	6:00PM	7	Urdvha Dhanurasana & Philosophy
	14-Mar	Sunday	11:00PM	6:00PM	7	How to Teach Beginners
Week 7	27-Mar	Saturday	11:00PM	6:00PM	7	Forward bends, Abdominals, Twists & Philosophy
	28-Mar	Sunday	11:00PM	6:00PM	7	Forward bends, Abdominals, Twists
Week 8	17-Apr	Saturday	11:00PM	6:00PM	7	Urdvha Dhanurasana & Pranayama
	18-Apr	Sunday	11:00PM	6:00PM	7	Restoratives & Subtle Body
Week 9	24-Apr	Saturday	11:00PM	6:00PM	7	Hip openers & Mantra/Chanting
	25-Apr	Sunday	11:00PM	6:00PM	7	Padmasana & Intro to Meditation
Week 10	08-May	Saturday	11:00PM	6:00PM	7	Shoulder focus & Ayurveda
	09-May	Sunday	11:00PM	6:00PM	7	Arm balances & Meditation, Vipassana, Tantra
Week 11	15-May	Saturday	11:00PM	6:00PM	7	Working with private clients
	16-May	Sunday	11:00PM	6:00PM	7	Review, Practice Teach & Prenatal Yoga
Week 12	05-Jun	Saturday	11:00PM	6:00PM	7	Review, practice teach & in-class final
	06-Jun	Sunday	11:00PM	6:00PM	7	Final Practicum and Closing

***Topic schedule is subject to change