



THE YOGA CO-OP
SAVANNAH

200 Hour Teacher Training Program

Extended Format

Dates: January 8-May 23, 2010

Location: The Yoga Co-op
2424 Drayton Street
Savannah, GA 31401
www.yogacoopsavannah.com

Contact Info: Kate Taylor at (912) 695-9990, email kate@yogacoopsavannah.com

Tuition: \$3250 in you pay-in-full before December 3, 2009; \$3500 after December 3

Info Session: Saturday, November 14th, 1:30 - 3:30pm. Includes a FREE CLASS with Teacher Trainer Jenny Aurthur, www.jennyaurthur.com

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

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