



200 Hour Teacher Training Program

Summer 4-Week Intensive

Dates: July 11 - August 5, 2011

Location: Triangle Yoga

930 Martin Luther King Jr. Blvd; Chapel Hill, NC 27514

www.triangleyoga.com

Contact: info@triangleyoga.com; 919-933-YOGA (9642)

Led By: Sarah Bell

Info Session: Saturday, April 23rd, 2:00 - 4:00pm. Includes a free mini-class with Sarah!
Space is limited, please RSVP to hold your spot.

Tuition: \$2950 if paid-in-full by March 20; \$3150 if paid-in-full by June 3; \$3400 after June 3

Week	Date	Day	Start Time	End Time	Hours
Week 1	Standing Poses (Neutrally and Externally Rotated)				
	11-Jul	Monday	8:00 AM	5:00 PM	9
	12-Jul	Tuesday	8:00 AM	5:00 PM	9
	13-Jul	Wednesday	8:00 AM	5:00 PM	9
	14-Jul	Thursday	8:00 AM	5:00 PM	9
	15-Jul	Friday	8:00 AM	5:00 PM	9
Anatomy One	16-Jul	Saturday	12:30PM	6:30PM	6
Anatomy Two	17-Jul	Sunday	12:30PM	6:30PM	6
Week 2	Inversions, Sun Salutations and Abdominals				
	18-Jul	Monday	8:00 AM	5:00 PM	9
	19-Jul	Tuesday	8:00 AM	5:00 PM	9
	20-Jul	Wednesday	8:00 AM	5:00 PM	9
	21-Jul	Thursday	8:00 AM	5:00 PM	9
	22-Jul	Friday	8:00 AM	5:00 PM	9
Week 3	Standing Twists, Backbends, How to teach Beginners				
	25-Jul	Monday	8:00 AM	5:00 PM	9
	26-Jul	Tuesday	8:00 AM	5:00 PM	9
	27-Jul	Wednesday	8:00 AM	5:00 PM	9
	28-Jul	Thursday	8:00 AM	5:00 PM	9
	29-Jul	Friday	8:00 AM	5:00 PM	9
Week 4	Seated Twists, Forward bends, Lotus, Restoratives				
	1-Aug	Monday	8:00 AM	5:00 PM	9
	2-Aug	Tuesday	8:00 AM	5:00 PM	9
	3-Aug	Wednesday	8:00 AM	5:00 PM	9
	4-Aug	Thursday	8:00 AM	5:00 PM	9
	5-Aug	Friday	8:00 AM	5:00 PM	9