



200 Hour Teacher Training Program

Summer 4-Week Intensive

Dates: July 9 - August 3, 2012

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: Date/Time TBA. Includes a free mini-class with Trainer!

Space is limited, please RSVP to hold your spot.

Tuition: \$2950 if paid-in-full by March 15; \$3150 if paid-in-full by June 5; \$3400 after June 5



Registered Yoga School

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