



200 Hour Teacher Training Program

Extended Format

- Dates:** September 22, 2017 - March 18, 2018
- Location:** Yoga Source
3122 West Cary St. Ste 220, Richmond, VA 23221
- Trainer:** Jeanmarie Paolillo
- Tuition:** \$3250 if paid-in-full by August 13, 2017
\$3500 after August 13, 2017. Late application deadline: August 31 (*space permitting*)
- Contact:** Tia Platte at info@yogarichmond.com or 804-359-9642
- Meet the Trainer:** **Saturday, August 5, 2017 from 12 pm-2 pm**, space is limited.
Includes a FREE YogaWorks Class with Jeanmarie and Q & A!
RSVP by July 27 email: info@yogarichmond.com, subject line: meet the trainer
- Class Requirement:** 16 additional classes allowing you to experience different styles, levels & teachers at yoga source.
*Special \$10 trainee rate on all classes & 20% off required reading throughout training.

Week	Date	Day	Start Time	End Time	Hours	Topic
Session 1	22-Sep	Friday	4:00 PM	8:00 PM	4	Philosophy
	23-Sep	Saturday	8:00 AM	5:00 PM	9	Symmetrical Neutral Poses
	24-Sep	Sunday	8:00 AM	5:00 PM	9	Surya Namaskar A
Session 2	20-Oct	Friday	4:00 PM	8:00 PM	4	Anatomy
	21-Oct	Saturday	8:00 AM	5:00 PM	9	Externally Rotated Poses
	22-Oct	Sunday	8:00 AM	5:00 PM	9	Assymmetrical Neutral Poses
Session 3	17-Nov	Friday	4:00 PM	9:00 PM	5	Anatomy & Philosophy
	18-Nov	Saturday	8:00 AM	5:00 PM	9	Surya Namaskar B
	19-Nov	Sunday	8:00 AM	5:00 PM	9	Inversions
Session 4	15-Dec	Friday	4:00 PM	9:00 PM	5	Anatomy & Philosophy
	16-Dec	Saturday	8:00 AM	5:00 PM	9	Inversions and Pranayama
	17-Dec	Sunday	8:00 AM	5:00 PM	9	Twists
Session 5	12-Jan	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	13-Jan	Saturday	8:00 AM	5:00 PM	9	Backbends in Shoulder Extension & Prenatal
	14-Jan	Sunday	8:00 AM	5:00 PM	9	Backbends in Shoulder Flexion
Session 6	16-Feb	Friday	4:00 PM	8:00 PM	4	Anatomy & Philosophy
	17-Feb	Saturday	8:00 AM	5:00 PM	9	How to Teach Beginners
	18-Feb	Sunday	8:00 AM	5:00 PM	9	Forward Bends & Restoratives
Session 7	16-Mar	Friday	4:00 PM	8:00 PM	4	Review for In-Class Exam & Practice Teaching
	17-Mar	Saturday	8:00 AM	5:00 PM	9	Hip Openers, Abdominals & Arm Balances and In-Class Exam
	18-Mar	Sunday	8:00 AM	5:00 PM	9	Final Practice Teach & Closing Ceremonies

*16 classes are to be taken outside of the training weekends at yoga source, during the training.