



## 200 Hour Teacher Training Program

### 7 Weekend Format

**Dates:** September 14, 2018 - March 17, 2019

**Location:** Yoga Source  
3122 West Cary St. Ste 220,  
Richmond, VA 23221  
<http://www.yogarichmond.com>

**Trainer:** Laurel Beversdorf

**Tuition:** \$3,200 if paid in full by July 30, 2018  
\$3,400 if paid in full by August 18, 2018  
\$3,600 after August 18, 2018. Late application deadline: August 31 (space permitting)

**Contact:** Heather Zimmerman at [info@yogarichmond.com](mailto:info@yogarichmond.com) or 804-359-9642 or  
Aubrey Elizaga at [aubrey@yogaworks.com](mailto:aubrey@yogaworks.com) or 310.664.6470 x137

**Meet the Trainer:** **Saturday, July 28, 2018 from 1:00pm-3:00pm. Space is limited! Please RSVP!**  
Includes a FREE YogaWorks Class with Laurel and Q & A!  
**RSVP by July 27** email: [info@yogarichmond.com](mailto:info@yogarichmond.com), subject line: meet the trainer

**Class Taking Requirement:** Take 16 yoga classes\* at Yoga Source allowing you to experience different styles, levels & teachers. Special \$10 trainee rate on all classes & 20% off merchandise throughout training.  
\*Online yoga classes are not allowed for this requirement.

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