



Epíдавros

200 Hour Teacher Training Program



Dates: February 17 - November 17, 2017
Location: Epíдавros Yoga Studio, 223 E. Powel Blvd., Gresham, OR 97030
Trainer: Tara McGuire
Tuition: \$2750 when paid in full by December 10; \$2950 when paid in full by January 10; \$3200 after.
Payment plans available for the first three students who ask (all payment plans are based on the \$3200 rate)
Classes: 16 Classes at Epíдавros to be taken in addition to this schedule and included in your tuition.

Your Epíдавros Yoga Teacher Training certificate will be honored by Yoga Alliance as a Registered Yoga School 200-hour teacher training, and make you eligible to become a 200-hour Registered Yoga Teacher.

Week	Date	Day	Start Time	End Time	Hours	Topic
Session 1	17-Feb	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
	18-Feb	Saturday	12 pm	8 pm	8	Neutral & External Rotation Poses
	19-Feb	Sunday	12:15 pm	4:45 pm	4.5	Neutral & External Rotation Poses
Session 2	17-Mar	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
	18-Mar	Saturday	12 pm	8 pm	8	Surya Namaskar & Warm Ups
	19-Mar	Sunday	12:15 pm	4:45 pm	4.5	Surya Namaskar & Warm Ups
Session 3	21-Apr	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
	22-Apr	Saturday	12 pm	8 pm	8	Twists & Back Bends
	23-Apr	Sunday	12:15 pm	4:45 pm	4.5	Back Bends
Session 4	19-May	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
	20-May	Saturday	12 pm	8 pm	8	Forward Folds & Restoratives
	21-May	Sunday	12:15 pm	4:45 pm	4.5	Parasympathetic Nervous System
Session 5	23-Jun	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
	24-Jun	Saturday	12 pm	8 pm	8	Hip Openers & Abdominals
	25-Jun	Sunday	12:15 pm	4:45 pm	4.5	Creating Symmetry
Session 6	21-Jul	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
	22-Jul	Saturday	12 pm	8 pm	8	Inversions & Alternatives
	23-Jul	Sunday	12:15 pm	4:45 pm	4.5	Arm Balances
Session 7	18-Aug	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
	19-Aug	Saturday	12 pm	8 pm	8	Using Props & Practice Teach
	20-Aug	Sunday	12:15 pm	4:45 pm	4.5	Yoga for Beginners
Session 8	15-Sep	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
	16-Sep	Saturday	12 pm	8 pm	8	Gentle Yoga
	17-Sep	Sunday	12:15 pm	4:45 pm	4.5	Prenatal Yoga
Session 9	20-Oct	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
	21-Oct	Saturday	12 pm	8 pm	8	Sequencing & Designing a Class
	22-Oct	Sunday	12:15 pm	4:45 pm	4.5	Business of Yoga
Session 10	17-Nov	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
	18-Nov	Saturday	12 pm	8 pm	8	Practice Teach & Final
	19-Nov	Sunday	12:15 pm	4:45 pm	4.5	Closing Ceremony