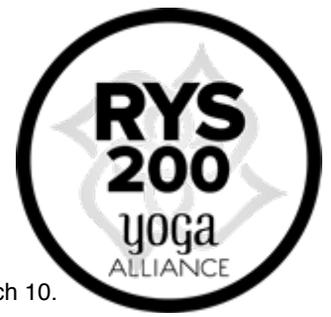




Epíдавros

200 Hour Teacher Training Program



Dates: TBD 2017. We are currently collecting a pool of 10 students & will begin as soon as we reach 10.
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.

Below is the suggested schedule. Subject to when the training begins and the format we choose to go.

Week	Date	Day	Start Time	End Time	Hours	Topic
Session 1	To be determined.	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
		Saturday	12 pm	8 pm	8	Neutral & External Rotation Poses
		Sunday	12:15 pm	4:45 pm	4.5	Neutral & External Rotation Poses
Session 2	To be determined.	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
		Saturday	12 pm	8 pm	8	Surya Namaskar & Warm Ups
		Sunday	12:15 pm	4:45 pm	4.5	Surya Namaskar & Warm Ups
Session 3	To be determined.	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
		Saturday	12 pm	8 pm	8	Twists & Back Bends
		Sunday	12:15 pm	4:45 pm	4.5	Back Bends
Session 4	To be determined.	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
		Saturday	12 pm	8 pm	8	Forward Folds & Restoratives
		Sunday	12:15 pm	4:45 pm	4.5	Parasympathetic Nervous System
Session 5	To be determined.	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
		Saturday	12 pm	8 pm	8	Hip Openers & Abdominals
		Sunday	12:15 pm	4:45 pm	4.5	Creating Symmetry
Session 6	To be determined.	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
		Saturday	12 pm	8 pm	8	Inversions & Alternatives
		Sunday	12:15 pm	4:45 pm	4.5	Arm Balances
Session 7	To be determined.	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
		Saturday	12 pm	8 pm	8	Using Props & Practice Teach
		Sunday	12:15 pm	4:45 pm	4.5	Yoga for Beginners
Session 8	To be determined.	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
		Saturday	12 pm	8 pm	8	Gentle Yoga
		Sunday	12:15 pm	4:45 pm	4.5	Prenatal Yoga
Session 9	To be determined.	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
		Saturday	12 pm	8 pm	8	Sequencing & Designing a Class
		Sunday	12:15 pm	4:45 pm	4.5	Business of Yoga
Session 10	To be determined.	Friday	2:30 pm	8 pm	5.5	Asana & Pranayama, Philosophy, Anatomy
		Saturday	12 pm	8 pm	8	Practice Teach & Final
		Sunday	12:15 pm	4:45 pm	4.5	Closing Ceremony

More Info: Call Tara at 503.931.5686 or email info@epidavrosonline.com