

200 HR VINYASA YOGA TEACHER TRAINING SCHEDULE

DATES:	April 2nd, 2020 - June 14th, 2020
YTT LEAD:	Maggie Thomas E-RYT
LOCATION:	Northern Water Sports Center 206 Ramsey Lake Rd, Sudbury, ON
CONTACT:	705-923-7723 /maggie@maggiethomasIT.com. www.maggiethomasit.com
TUITION:	\$3475 Plus Tax Paid-In-Full by February 1st, 2020 OR \$3850 Plus Tax After February 1st, 2020 Payment Plans Available at Full Price. Ask for details .



WEEK	DATE	DAY	BEGIN	END	TOPIC
PART 1	April 2nd	Thursday	4:00 PM	9:00 PM	Welcome - The Journey Begins
	April 3rd	Friday	10:00 AM	8:00PM	History of Yoga & Philosophy
	April 4th	Saturday	10:00 AM	8:00PM	Maps of Yoga
	April 5th	Sunday	10:00 AM	8:00PM	Pranayama, Class Design
	April 6th	Monday	4:00 PM	9:00PM	Philosophy & Living Yoga
	April 7th	Tuesday	10:00 AM	8:00PM	Teaching Methodology & Assisting
	April 8th	Wednesday	10:00 AM	8:00PM	Action vs.Form, Dynamic Language
	April 9th	Thursday	4:00 PM	9:00PM	Posture Clinic #1
	April 10th	Friday	10:00 AM	8:00PM	The Art of Assisting
	April 11th	Saturday	10:00 AM	8:00PM	Posture Clinic #2
	April 12th	Sunday	10:00 AM	8:00PM	Practice Teach 1, Visiting Teachers
	PART 2	May 8th	Friday	10:00 AM	8:00PM
May 9th		Saturday	10:00 AM	8:00PM	Anatomy Part 1
May 10th		Sunday	10:00 AM	8:00PM	Anatomy Part 2
PART 3	June 4th	Thursday	4:00 PM	9:00PM	Meditation Techniques
	June 5th	Friday	10:00 AM	8:00PM	Posture Clinic #3
	June 6th	Saturday	10:00 AM	8:00PM	Teaching Skills /Kosha Exploration
	June 7th	Sunday	10:00 AM	8:00PM	Posture Clinic #4
	June 8th	Monday	4:00 PM	9:00PM	Intro to the Chakras
	June 9th	Tuesday	10:00 AM	8:00PM	Posture Clinic #5 / Chakras Continued
	June 10th	Wednesday	10:00 AM	8:00PM	Integration / Practice Teach Prep
	June 11th	Thursday	4:00 PM	9:00PM	Teaching Skills and Prep
	June 12th	Friday	10:00 AM	8:00PM	Practice Teach 3 / Business of Yoga
	June 13th	Saturday	10:00 AM	8:00PM	Practice Teach 3 / Commitment
	June 14th	Sunday	10:00 AM	8:00PM	Final Wrap Up & Celebration

*In addition students are required to take 30+ yoga classes and assist/observe 10+ classes throughout the program.

REQUIRED READING & ADDITIONAL COST (APPROXIMATELY \$100)

1. The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar
2. Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga by Danny Arguetty
3. The Anatomy of Exercise and Movement by Jo Ann Staugaard-Jones
4. Stargirl by Jerry Spinelli

