



**Invoke Yoga & Pilates
200-Hour Yoga Teacher Training Program
Dates for Teacher Training**

Dear Prospective Teacher Trainee,

In order to satisfy the 200-hour guidelines, you must complete all program hours. While we expect you to make this training your top priority on the evenings and weekends when we are scheduled to meet, we understand that emergencies come up. Any previously arranged conflicts (weddings, vacations, etc.) must be reported before the start of training. Late arrivals and early departures should be arranged with the teacher training staff in advance, whenever possible. If you are injured or sick (but not contagious) you are expected to come to class and observe. In the event of an emergency please contact a member of the teacher training staff, or the Teacher Assistant (contact numbers will be provided on the first night of the training). You will be contacted to discuss how to make up the work.

This training will take place over 22 weeks on Thursday nights from 5:30 p.m. - 10:30 p.m., and 6 weekends (Saturday & Sunday from 9 a.m. - 5 p.m., except where noted). The program runs from March 1, 2012 - August 4, 2012. The weekend dates are listed below:

Friday - Sunday, March 2 - 4, 2012 (Times TBA)
Saturday - Sunday, March 31 & April 1, 2012
Saturday - Sunday, May 5 - 6, 2012
Saturday - Sunday, June 2 - 3, 2012
Saturday - Sunday, July 7 - 8, 2012
Saturday, July 28, 2012 (Times TBA)

In addition to the above listed dates, expect to spend 2-3 hours per week for reading and homework assignments, class projects and class observations.