

# 200 Hour Teacher Training Program

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## *Summer 4-Week Intensive*

**Dates:** July 7 - August 1, 2008  
**Location:** Invoke Yoga  
 970 Fort Wayne Avenue, Suite C  
 Indianapolis, IN 46202

**For More Info Contact:** amy@invokestudio.com; 317.631.9642

**Info Session:** May 10, from 2:00-4:00PM  
**Price:** \$2950 in paid-in-full by June 13th, \$3200 after June 13th

| Week          | Date  | Day       | Start Time | End Time | Hours |
|---------------|---|-----------|------------|----------|-------|
| <b>Week 1</b> | <b>Standing Poses (Neutrally and Externally Rotated)</b>  |           |            |          |       |
|               | 7-Jul   | Monday    | 8:00 AM    | 5:00 PM  | 9     |
|               | 8-Jul   | Tuesday   | 8:00 AM    | 5:00 PM  | 9     |
|               | 9-Jul   | Wednesday | 8:00 AM    | 5:00 PM  | 9     |
|               | 10-Jul  | Thursday  | 8:00 AM    | 5:00 PM  | 9     |
|               | 11-Jul  | Friday    | 8:00 AM    | 5:00 PM  | 9     |
|               | <b>Anatomy Intensive *</b>                                |           |            |          |       |
|               | 12-Jul  | Saturday  | 12:00PM    | 6:00PM   | 6     |
|               | 13-Jul  | Sunday    | 12:00PM    | 6:00PM   | 6     |
| <b>Week 2</b> | <b>Inversions, Sun Salutations and Abdominals</b>         |           |            |          |       |
|               | 14-Jul  | Monday    | 8:00 AM    | 5:00 PM  | 9     |
|               | 15-Jul  | Tuesday   | 8:00 AM    | 5:00 PM  | 9     |
|               | 16-Jul  | Wednesday | 8:00 AM    | 5:00 PM  | 9     |
|               | 17-Jul  | Thursday  | 8:00 AM    | 5:00 PM  | 9     |
|               | 18-Jul  | Friday    | 8:00 AM    | 5:00 PM  | 9     |
| <b>Week 3</b> | <b>Standing Twists, Backbends, How to teach Beginners</b> |           |            |          |       |
|               | 21-Jul  | Monday    | 8:00 AM    | 5:00 PM  | 9     |
|               | 22-Jul  | Tuesday   | 8:00 AM    | 5:00 PM  | 9     |
|               | 23-Jul  | Wednesday | 8:00 AM    | 5:00 PM  | 9     |
|               | 24-Jul  | Thursday  | 8:00 AM    | 5:00 PM  | 9     |
|               | 25-Jul  | Friday    | 8:00 AM    | 5:00 PM  | 9     |
| <b>Week 4</b> | <b>Seated Twists, Forward bends, Lotus, Restoratives</b>  |           |            |          |       |
|               | 28-Jul  | Monday    | 8:00 AM    | 5:00 PM  | 9     |
|               | 29-Jul  | Tuesday   | 8:00 AM    | 5:00 PM  | 9     |
|               | 30-Jul  | Wednesday | 8:00 AM    | 5:00 PM  | 9     |
|               | 31-Jul  | Thursday  | 8:00 AM    | 5:00 PM  | 9     |
|               | 1-Aug   | Friday    | 8:00 AM    | 5:00 PM  | 9     |

*\*Anatomy Intensive is required. This workshop is included in the price of the training.*