



**Invoke Yoga & Pilates
200-Hour Yoga Teacher Training Program
Dates for Teacher Training, Fall 2010**

Dear Prospective Teacher Trainee,

In order to satisfy the 200-hour guidelines, you must have perfect attendance. Late arrivals and early departures will not be tolerated. If you are sick you must come to class and observe. Below is a list of the dates and times when we will be meeting. We expect you to make this training your top priority when we are scheduled to meet. Please make sure that you don't have any vacations, family obligations or religious celebrations scheduled during any of our scheduled meeting times. In the event of a serious emergency (hospitalization, being bedridden or extremely contagious), please contact Eric Bryant at 917-414-4489 to discuss how to make up the work. Please understand that this can only happen in the event of an extreme emergency.

This training will take place over 4 months (8 weekends) with an additional required weekend to cover Anatomy. Unless otherwise noted, we will meet on Friday evenings from 5 p.m. – 9 p.m, Saturdays from 8 a.m. – 5 p.m. (90 minutes for lunch) and Sundays from 8 a.m. – 4:30 p.m. (90 minutes for lunch).

Friday, September 10	Saturday, October 23
Saturday, September 11	Sunday, October 24
Sunday, September 12	Friday, November 5
Friday, September 24	Saturday, November 6
Saturday, September 25	Sunday, November 7
Sunday, September 26	Friday, November 19
Saturday, October 3 (Anatomy – 9 a.m. – 5 p.m.)	Saturday, November 20
Sunday, October 4 (Anatomy – 9 a.m. – 5 p.m.)	Sunday, November 21
Friday, October 8	Friday, December 3
Saturday, October 9	Saturday, December 4
Sunday, October 10	Sunday, December 5
Friday, October 22	Friday, December 17
	Saturday, December 18
	Sunday, December 19

In addition to the above listed dates, you will also be expected to set aside additional hours for reading and homework assignments, class projects and class observations.