



## 2010 SMCN Yoga Teacher Training Program 200 Hour Workshops

### March, 2010

*Saturdays & Sundays, March 13, 14, 20 & 21*

Yoga Teacher Basic Training

March 13 & 20

1:00 - 5:00 pm

March 14 & 21

9:00 - 5:00 pm

Fee: \$390

### April, 2010

*Saturday, April 24*

Introduction to Chanting

1:00 - 2:45 pm

Understanding Raja Yoga as a Lifestyle

3:00 - 5:00 pm

*Sunday, April 25*

Subtle Anatomy & Physiology of Yoga

9:00 - 12:00 pm

Introduction to Ayurveda: Science of Life

1:00 - 5:00 pm

Fee: \$190

### May, 2010

*Friday, May 14*

Spiritual Literature of Yoga

6:00 - 8:30 pm

Fee: \$40

*Sunday, May 23*

Business and Ethics of Yoga

10:00 - 5:00 pm

Fee: \$95

### June, 2010

*Saturday & Sunday, June 12 & 13*

Teaching Asanas

June 12

1:00 - 5:00 pm

June 13

9:00 - 5:00 pm

Fee: \$175

### July, 2010

*Saturday, July 10*

Introduction to Meditation

1:00 - 4:00 pm

*Sunday, July 11*

Sanskrit Names of Yoga Asanas

9:00 - 12:00 pm

How to Teach Breathing

1:00 - 5:00 pm

Fee: \$160

### August, 2010

*Saturdays, August 7 & 14*

The Yoga Sutras

1:00 - 4:00 pm

Fee: \$90

*Sunday, August 22*

Using Props / Restorative Yoga

9:00 - 4:00 pm

Fee: \$120

### September, 2010

*Saturday & Sunday, September 11 & 12*

Anatomy & Yoga

September 11

1:00 - 5:00 pm

September 12

9:00 - 5:00 pm

Fee: \$220

*Sunday, September 26*

Anatomy of Movement in Asanas

1:00 - 4:00 pm

Fee: \$80