



## 300 Hour Professional Program Preliminary: September 12, 2009-March 14, 2010 San Francisco

All dates /times and locations are confirmed. Please note that the topic order is subject to change. You will be handed out the final schedule on the first day of class.

**To register:** contact Kate at 310-664-6470x148 or kate.waitzkin@yogaworks.com

**Mentors:** Nikki Estrada, Barbara Fabbri, Karyn Holland, Mynx Insatsugu, Peggy Orr and Erika Trice

**Workshop Faculty:** Jason Crandell, Nikki Estrada, Karyn Holland, Mynx Inastugu, Elise Miller, Suzanne Sterling, Rod Stryker, Erika Trice and Lisa Walford

**Workshop and Monday Evening Locations:** YW San Francisco Studio (1823 Divisadero Street, San Francisco )

**Tuition:** \$3,450 if paid-in-full before August 7; \$3,600 after August 7. tuition includes unlimited yoga at all YogaWorks SFBA locations for the duration of your training

**Free Information Session:** July 18 from 1:00-2:30pm with mentors and YW TT 300hr graduates at YW SFI! RSVP to attend.

### Weekend Workshop Schedule:

WS#	Date	Day	Time	Location	Topic	Teacher
1	September 12	Sat	1:00-5:00pm	YW San Francisco	Welcome Circle/Standing Poses: Adjustments, Variations, Observations	Nikki Estrada
1	September 13	Sun	12:30-4:30pm	YW San Francisco	Forward Bends & Twists: Adjustments, Variations, Observations	Nikki Estrada
2	September 19	Sat	1:00-5:00pm	YW San Francisco	Injury Management: Anatomy of	TBD
2	September 20	Sun	12:30-4:30pm	YW San Francisco	Injury Management: Assessment	TBD
3	September 26	Sat	1:00-5:00pm	YW San Francisco	Injury Management-Feet, Knees & Hips	Elise Miller
3	September 27	Sun	12:30-4:30pm	YW San Francisco	Injury Management: Shoulders	Elise Miller
4	October 3	Sat	1:00-5:00pm	YW San Francisco	Inversions: Adjustments, Variations, Observations	Erika Trice
4	October 4	Sun	12:30-4:30pm	YW San Francisco	Inversions: Adjustments, Variations, Observations	Erika Trice
5	October 10	Sat	1:00-5:00pm	YW San Francisco	Backbends: Adjustments, Variations, Observations	Jason Crandell
5	October 11	Sun	12:30-4:30pm	YW San Francisco	Ayurvedic principals in the classroom	Abbie Scianamblo
6	October 17	Sat	1:00-5:00pm	YW San Francisco	Subtle Body and an Introduction to Meditation	Erika Trice
6	October 18	Sun	12:30-4:30pm	YW San Francisco	Subtle Body and an Introduction to Meditation	Erika Trice
7	November 7	Sat	1:00-5:00pm	YW San Francisco	How to teach an intro and working w/ students brand new to yoga	Mynx Inatsugu
7	November 8	Sun	12:30-4:30pm	YW San Francisco	Working with beginners and learning modifications	Mynx Inatsugu
8	November 14	Sat	1:00-5:00pm	YW San Francisco	Philosophy: The Yoga Sutras	Mynx Inatsugu
8	November 15	Sun	12:30-4:30pm	YW San Francisco	Philosophy: Tha Bhagavad Gita	Mynx Inatsugu
9	November 21	Sat	1:00-5:00pm	YW San Francisco	Philosophy: History of Yoga and Upanishads	Gary Kraftsow
9	November 22	Sun	12:30-4:30pm	YW San Francisco	Philosophy: The Three Stages of Life and the Pradijika	Gray Kraftsow
10	December 5	Sat	1:00-5:00pm	YW San Francisco	Finding your Purpose; Karma Yoga: Turn Intention into Action	Suzanne Sterling
10	December 6	Sun	12:30-4:30pm	YW San Francisco	Art of the Voice	Suzanne Sterling
11	December 12	Sat	1:00-5:00pm	YW San Francisco	How to teach pre and post natal yoga	Katie Louderback
11	December 13	Sun	12:30-4:30pm	YW San Francisco	Injury Management-Back & Spine	Elise Miller
12	January 9	Sat	1:00-5:00pm	YW San Francisco	Teacher Student Relationship	Jason Crandell
12	January 10	Sun	12:30-4:30pm	YW San Francisco	Business of Yoga	Jason Crandell
13	January 23	Sat	1:00-5:00pm	YW San Francisco	Advanced Asana Practice & Practice Teach	Nikki Estrada
13	January 24	Sun	12:30-4:30pm	YW San Francisco	Introduction to Teaching Kids	Karyn Holland
14	February 6	Sat	1:00-5:00pm	YW San Francisco	Restoratives and relaxation response	Lisa Walford
14	February 7	Sun	12:30-4:30pm	YW San Francisco	Yoga for Chronic Illness	Lisa Walford
15	February 20	Sat	1:00-5:00pm	YW San Francisco	Vinyasa Flow-day 1	Jason Crandell
15	February 21	Sun	12:30-4:30pm	YW San Francisco	Vinyasa Flow-day 2	Jason Crandell
16	March 13	Sat	1:00-5:00pm	YW San Francisco	Final Practice Teach #4	Mentor TBD
16	March 14	Sun	12:30-4:30pm	YW San Francisco	Final Practice Teach #5 , Projects & Closing Ceremony	Mentor TBD

Mon#	Date	Day	Time	Location	Topic	Teacher
1	9/14	Mon	7:30-9:30pm	YW San Francisco	Pranayama & Meditation	Mynx Inatsugu
2	9/21	Mon	7:30-9:30pm	YW San Francisco	Teaching Practicum #1	Mentor TBD
3	9/28	Mon	7:30-9:30pm	YW San Francisco	Pranayama & Meditation	Mynx Inatsugu
4	10/5	Mon	7:30-9:30pm	YW San Francisco	Teaching Practicum # 2 Assessment skills	Mentor TBD
5	10/12	Mon	7:30-9:30pm	YW San Francisco	Pranayama & Meditation	Mynx Inatsugu
6	10/19	Mon	7:30-9:30pm	YW San Francisco	Teaching Practicum #3	Mentor TBD
7	10/26	Mon	7:30-9:30pm	YW San Francisco	Pranayama & Meditation	Mynx Inatsugu
8	11/2	Mon	7:30-9:30pm	YW San Francisco	Teaching Practicum #4	Mentor TBD
9	11/9	Mon	7:30-9:30pm	YW San Francisco	Pranayama & Meditation	Mynx Inatsugu
10	11/16	Mon	7:30-9:30pm	YW San Francisco	Teaching Practicum#5	Mentor TBD
11	11/30	Mon	7:30-9:30pm	YW San Francisco	Pranayama & Meditation	Mynx Inatsugu
12	12/7	Mon	7:30-9:30pm	YW San Francisco	Teaching Practicum # 6	Mentor TBD
13	12/14	Mon	7:30-9:30pm	YW San Francisco	Pranayama & Meditation	Mynx Inatsugu
14	1/4	Mon	7:30-9:30pm	YW San Francisco	Teaching Practicum # 7-Working with Privates	Mentor TBD
15	1/11	Mon	7:30-9:30pm	YW San Francisco	Pranayama & Meditation	Mynx Inatsugu
16	1/18	Mon	7:30-9:30pm	YW San Francisco	Teaching Practicum # 8- Sacred into the class	Mentor TBD
17	1/25	Mon	7:30-9:30pm	YW San Francisco	Teaching Practicum #9	Mentor TBD
18	2/1	Mon	Time TBD	YW San Francisco	Philosophy: Intro to Tantra	Rod Stryker
19	2/8	Mon	7:30-9:30pm	YW San Francisco	Philosophy: Intro to Buddhism	James Higgins
20	2/15	Mon	7:30-9:30pm	YW San Francisco	How to teach Risky Poses Well	Nikki Estrada
21	2/22	Mon	7:30-9:30pm	YW San Francisco	Final Practice Teach # 1	Mentor TBD
22	3/1	Mon	7:30-9:30pm	YW San Francisco	Final Practice Teach #2	Mentor TBD
23	3/8	Mon	7:30-9:30pm	YW San Francisco	Final Practice Teach # 3	Mentor TBD