



## YogaWorks Bridge Program

The YogaWorks Bridge program has been designed to give graduates of a non-YogaWorks 200-hour teacher training the basic foundations & principles that our 300-hour Professional Program is built upon. There are several different ways to fulfill this pre-requisite and it must be completed before your 300-hour program begins. The format best designed to “bridge” and prepare you is the 12-Weekend Format. Please see below for our basic template, but contact the teacher training department for the actual bridge specifics and to register. The price for the bridge is \$500. This includes a YogaWorks 200-hour Training Manual. Visit our website to find out upcoming dates for all of the programs listed below. In the case where the training you have selected sells out, you will need to wait until the next teacher training where there is space available.

Along with completing the hours below, you will be given reading and writing assignments out of the 200-hour Manual, to be completed within one month after attending your “bridge” program.

### 1) Completing these hours in a 200-hour 12-WEEKEND Teacher Training (Recommend Format)

Friday night, Weekend 1	7:30 pm-9:30 pm	Opening Night
Saturday, Weekend One	12:00 pm – 5:00 pm	Neutrally Rotated Standing Poses
Saturday, Weekend Two	12:00 pm – 5:00 pm	Externally Rotated Standing Poses
Saturday, Weekend Three	12:00 pm – 5:00 pm	Inversions
Saturday, Weekend Four	12:00 pm – 5:00 pm	Surya Namaskar A
Saturday, Weekend Six	12:00 pm – 5:00 pm	Urdhva Dhanurasana

You can include the Sundays in this format, for an additional \$500.

**Please visit our website for our next 200-hour weekend program**

### 2) Completing these hours in a 200-hour INTENSIVE Teacher Training

Day One	8:00 am – 5:00 pm	Neutrally Rotated Standing Poses
Day Four	8:00 am – 1:00 pm	Externally Rotated Standing Poses
Day Seven	8:00 am – 1:00 pm	Inversions
Day Eight	8:00 am – 1:00 am	Surya Namaskar A
Day Twelve	8:00 am – 1:00 am	Urdhva Dhanurasana

You can include the full day in this format, for an additional \$500.

**Please visit our website for our next 200-hour intensives**

### 3) Completing these hours in a YogaWorks Weekend Immersion

The YogaWorks Weekend Immersion introduces you to the YogaWorks Method in a 12-hour weekend. In addition to daily asana classes, the program will include work on alignment, sequencing, hands on adjustments, observing bodies, basic philosophy and the principles of the YogaWorks method.

Sample Schedule: Friday 7:30pm-9:30pm, Saturday & Sunday 1:00pm-6:00pm

**Please visit our website for our next Weekend Immersion June 11-13 in Los Angeles and August 20-22 in Northern California at our Larkspur Landing Studio.**