

## 200 Hour Intensive Training Summer 2010 Session

**Dates:** Tuesday nights and Seven Weekend Intensive

- Every Tuesday from **June 1 - August 31**
- 7 Weekends:  
**June:** 11-13, 25-27 • **July:** 9-11, 23-25 • **August:** 6-8, 20-22, 27-29

June - 2010						
S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

July - 2010						
S	M	T	W	T	F	S
27	28	28	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

August - 2010						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

**Times:**      **Tuesdays**      **Fridays**      **Saturdays**      **Sundays**  
                   6:30pm – 9:30pm      5:30pm – 9pm      9:30am – 6pm      11:30am – 6pm

**Early Bird Tuition** (payment in full by 4/12): **\$2500** (includes \$100 application fee)

**Regular Tuition: \$2900** (includes \$100 application fee)

### In the YogaSport Intensive Training, you will:

- Learn the structure of a Power Vinyasa Yoga class, and challenge yourself on a physical, mental and spiritual level.
- Learn the sequence, pace and flow of a powerful and challenging Power Vinyasa Yoga class.
- Learn alignment principles and how to avoid injuries.
- Learn how to encourage and inspire people using your intuition and personal experiences.
- Learn how to give and receive constructive feedback.
- Learn how to give safe and effective hands-on adjustments.
- Learn how to communicate and connect with people both on and off the mat.
- Learn how to read bodies, physically and emotionally, as well as the energy of a group or individual.
- Learn anatomy and physiology and how it relates to the practice of Yoga.
- Develop the ethics and lifestyles for yoginis.
- Explore the roots of yoga and how they apply to our lives today.