



yogasport.
YOGA SCHOOL

4140 Lemmon Ave.
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www.yogasportdallas.com



ANGELA
WAGNER

200 Hour Teacher Training Intensive Summer 2012

DATES:

Tuesdays

May 15 - August 28
(excluding July 3)

Seven Weekend Intensive:

May: 18-20

June: 1-3, 22-24

July: 13-15, 27-29

August: 10-12, 24-26

Early Bird Tuition: \$2500

(payment in full by 4/1)

Regular Tuition: \$2900

TIMES:

Tuesdays 6:30 – 9:30pm

Fridays 5:30pm – 9:30pm

Saturdays 9:00am – 6:00pm

Sundays 10:30am – 6:00pm

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.

May - 2012

S	M	T	W	T	F	S
29	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

June - 2012

S	M	T	W	T	F	S
27	28	29	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

July - 2012

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

August - 2012

S	M	T	W	T	F	S
29	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	31	1