

## 200hr Yoga Teacher Training Program

**Dates:** May 2nd - July 14th, 2019

**YTT Lead:** Colleen O'Brien-McFall

**Location:** Columbus Ohio

**Contact:** Colleen O'Brien-McFall / colleenmcfall@gmail.com

**Tuition:** \$2500 paid-in-full by April 1st, \$2750 after April 1st. Payment Plans Available at Full Price

**Student:** \$200 Discount with Current Student I.D, Active Duty Military, Senior 65+ (*off Full Tuition*)

1 Month of Unlimited Yoga @ Each Affiliate Studio

Week	Date	Day	Begin	End	Topic	Host Studio
<b>Week 1</b>	May 2nd	Thursday	6:00PM	9:30PM	Welcome - The Journey Begins	Heart Felt Yoga
	May 3rd	Friday	12:30PM	7:00PM	History of Yoga & Philosophy	Heart Felt Yoga
	May 4th	Saturday	12:30PM	7:00PM	Maps of Yoga	Heart Felt Yoga
	May 5th	Sunday	12:00PM	6:30PM	Pranayama & Posture Clinic	Heart Felt Yoga
<b>Week 2</b>	May 10th	Friday	6:00PM	9:30PM	Philosophy & Living Yoga	Heart Felt Yoga
	May 11th	Saturday	12:30PM	7:00PM	Teaching Methodology	Heart Felt Yoga
	May 12th	Sunday	12:00PM	6:30PM	Posture Clinic	Heart Felt Yoga
<b>Week 3</b>	May 17th	Friday	6:00PM	9:30PM	The Art of Assisting	Heart Felt Yoga
	May 18th	Saturday	12:30PM	7:00PM	Posture Clinic	Heart Felt Yoga
	May 19th	Sunday	12:00PM	6:30PM	Practice Teach 1	Heart Felt Yoga
<b>Week 4</b>	May 31st	Friday	6:00PM	9:30PM	Teaching Skills in Action	Centered Yoga
	June 1st	Saturday	12:30PM	7:00PM	Anatomy Part 1	Centered Yoga
	June 2nd	Sunday	12:30PM	7:00PM	Anatomy Part 2	Centered Yoga
<b>Week 5</b>	June 7th	Friday	6:00PM	9:30PM	Meditation Techniques	Centered Yoga
	June 8th	Saturday	12:30PM	7:00PM	Posture Clinic	Centered Yoga
	June 9th	Sunday	12:30PM	7:00PM	Practice Teach 2	Centered Yoga
<b>Week 6</b>	June 21st	Friday	6:00PM	9:30PM	Sequencing Methodology	Yoga Loft
	June 22nd	Saturday	12:30PM	7:00PM	Posture Clinic	Yoga Loft
	June 23rd	Sunday	12:00PM	6:30PM	Integration / Practice Teach Prep	Yoga Loft
<b>Week 7</b>	June 28th	Friday	6:00PM	9:30PM	Intro to the Chakras	Yoga Loft
	June 29th	Saturday	12:30PM	7:00PM	Posture Clinic	Yoga Loft
	June 30th	Sunday	12:00PM	6:30PM	Posture Clinic	Yoga Loft
<b>Week 8</b>	July 11th	Thursday	7:30PM	9:30PM	Teaching Skills and Prep	Yoga Loft
	July 12th	Friday	12:30PM	6:30PM	Practice Teach 3	Yoga Loft
	July 13th	Saturday	12:30PM	6:30PM	Ethics & the Business of Yoga	Yoga Loft
	July 14th	Sunday	12:00PM	6:00PM	Final Wrap Up & Celebration	Yoga Loft

*\*In addition students are required to take 22 yoga classes and assist 5 classes throughout the program.*

### Required Reading

1. The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar
2. Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga by Danny Arguettey
3. The Anatomy of Exercise and Movement by Jo Ann Staugaard-Jones
4. Stargirl by Jerry Spinelli