



## 200 Hour Teacher Training Program

### Summer 4-Week Intensive

**Dates:** 6 - 31 August, 2012  
**Location:** INNERCITYYOGA | urban yoga center  
 3 Rue de Rive | Geneva 1204  
**Contact Information:** 022 310 3535; tt@innercityyoga.com  
**Trainer:** Joan Hyman, www.joanhyman.com  
**Price:** CHF 4'250.- by 31 May (earlybird), CHF 4'500.- after 31 May

Week	Date	Day	Start Time	End Time	Start Time	End Time	Hours
<b>Week 1</b>							
<b>Standing Poses (Neutrally and Externally Rotated)</b>							
	6-Aug	Monday	8:00AM	12:00PM	2:00PM	6:00PM	8
	7-Aug	Tuesday	8:00AM	12:00PM	2:00PM	6:00PM	8
	8-Aug	Wednesday	8:00AM	12:00PM	2:00PM	6:00PM	8
	9-Aug	Thursday	8:00AM	12:00PM	2:00PM	6:00PM	8
	10-Aug	Friday	8:00AM	12:00PM	2:00PM	6:00PM	8
<b>Anatomy One</b>	11-Aug	Saturday	12:30PM	6:30PM			6
<b>Week 2</b>							
<b>Inversions, Sun Salutations and Abdominals</b>							
	13-Aug	Monday	8:00AM	12:00PM	2:00PM	6:00PM	8
	14-Aug	Tuesday	8:00AM	12:00PM	2:00PM	6:00PM	8
	15-Aug	Wednesday	8:00AM	12:00PM	2:00PM	6:00PM	8
	16-Aug	Thursday	8:00AM	12:00PM	2:00PM	6:00PM	8
	17-Aug	Friday	8:00AM	12:00PM	2:00PM	6:00PM	8
<b>Anatomy Two</b>	18-Aug	Saturday	12:30PM	6:30PM			6
<b>Week 3</b>							
<b>Standing Twists, Backbends, How to teach Beginners</b>							
	20-Aug	Monday	8:00AM	12:00PM	2:00PM	6:00PM	8
	21-Aug	Tuesday	8:00AM	12:00PM	2:00PM	6:00PM	8
	22-Aug	Wednesday	8:00AM	12:00PM	2:00PM	6:00PM	8
	23-Aug	Thursday	8:00AM	12:00PM	2:00PM	6:00PM	8
	24-Aug	Friday	8:00AM	12:00PM	2:00PM	6:00PM	8
<b>Week 4</b>							
<b>Seated Twists, Forward bends, Lotus, Restoratives</b>							
	27-Aug	Monday	8:00AM	12:00PM	2:00PM	6:00PM	8
	28-Aug	Tuesday	8:00AM	12:00PM	2:00PM	6:00PM	8
	29-Aug	Wednesday	8:00AM	12:00PM	2:00PM	6:00PM	8
	30-Aug	Thursday	8:00AM	12:00PM	2:00PM	6:00PM	8
	31-Aug	Friday	8:00AM	12:00PM	2:00PM	6:00PM	8