



## DEEP FLOW YOGA 200-HOURS

### 200 Hour Deep Flow Yoga Teacher Training Program 2017

---

Dates	7 – 21 July + 21-29 October 2017
Contact	INNERCITYYOGA Urban Yoga Center®, 3 Rue de Rive, 1204 Genève <a href="#">EMAIL Yoga Teacher Training</a> or Patric at 022.310.3535
Registration	30 april 2017 – Deadline Earlybird Rates 15 june 2017 – Registration Deadline

WEEK	DATE	DAY	MORNING PRACTICE	AFTERNOON PRACTICE	HOURS
<b>Part 1</b>	<b>UNDERSTANDING</b>				
	Covers the essentials of every yoga class: different sun salutations, standing poses, inversions and proper alignment for any basic asana. anatomical focus on external rotations vs. neutral rotations History of yoga and philosophy, basic mantra chanting				
	7 july	Friday	08h00 – 12h00	14h00 – 18h00	8
	8 july	Saturday		13h00 – 18h30	5.5
	9 july	Sunday		13h00 – 18h30	5.5
	10 july	Monday	08h00 – 12h00	14h00 – 18h00	8
	11 july	Tuesday	08h00 – 12h00	14h00 – 18h00	8
	12 july	Wednesday	08h00 – 12h00	14h00 – 18h00	8
	13 july	Thursday	08h00 – 12h00	14h00 – 18h00	8
	14 july	Friday	08h00 – 12h00	14h00 – 18h00	8
	15 july	Saturday			
	16 july	Sunday		13h00 – 18h30	5.5
	17 july	Monday	08h00 – 12h00	14h00 – 18h00	8
	18 july	Tuesday	08h00 – 12h00	14h00 – 18h00	8
	19 july	Wednesday	08h00 – 12h00	14h00 – 18h00	8
	20 july	Thursday	08h00 – 12h00	14h00 – 18h00	8
	21 july	Friday	08h00 – 12h00	14h00 – 18h00	8
<b>Part 2</b>	<b>TEACHING</b>				
	How to teach safely basic classes, Smart Sequencing. Anatomical focus on twists (seated and standing), hip openers, arm balances, inversions. Restoratives and Prenatal Philosophy, Yoga as a Profession				
	21 october	Saturday		13h00 – 18h30	5.5
	22 october	Sunday		13h00 – 18h30	5.5
	23 october	Monday	08h00 – 12h00	14h00 – 18h00	8
	24 october	Tuesday	08h00 – 12h00	14h00 – 18h00	8
	25 october	Wednesday	08h00 – 12h00	14h00 – 18h00	8
	26 october	Thursday	08h00 – 12h00	13h00 – 18h00	8
	27 october	Friday	08h00 – 12h00	14h00 – 18h00	8
	28 october	Saturday	08h00 – 11h00	13h00 – 18h30	5.5
	29 october	Sunday		13h00 – 16h30	5.5