

## **200-Hour Yoga Loft Teacher Training Schedule** **September 2008-June 2009**

*Teacher Training will be held at the Yoga Loft in Wilmington one weekend a month for ten months. This schedule will allow students time to do their required readings and homework, develop a consistent and uninterrupted yoga practice, attend various classes with different teachers, practice the skills and teaching techniques developed and discussed during teacher training and reflect on the course and class discussions so that we can discuss them during the next session.*

*Classes will meet Friday nights 6:00-10:00 p.m.; Saturdays from 11:30-6:00 and Sundays from 12:00 4:30.*

*The schedule for the ten month program is as follows:*

**September 11,12,13**

**October 2,3,4**

**November 6,7,8**

**December 4,5,6**

**January 8,9,10**

**February 5,6,7**

**March 5,6,7**

**April 2,3,4**

**May 1,2,3**

**June 4,5,6**

Cost is \$2400.00 early bird with a \$500.00 deposit by July 15. \$2600.00 after that.

Payable in installments by check or credit at [www.yogaloftnorth.com](http://www.yogaloftnorth.com)

Application available online at [www.yogaloftnorth.com](http://www.yogaloftnorth.com) , at The Yoga Loft, or by contacting [Jen@yogaloftnorth.com](mailto:Jen@yogaloftnorth.com)