

## Sunrise Yoga Studio Yoga Teacher Training program for 2010 – 2011 Weekend dates & times; Program requirements

### Dates for 2010 – 2011 Program

2010 =

1. March 5-7
2. April 9-11
3. May 7-9
4. June 4-6
5. July 16-18
6. August 20-22
7. September 10-12
8. October 8-10
9. November 5-7
10. December 3-5

2011 =

11. January 7-9
12. February 4-6

### Hours for each weekend (See 2 exceptions below)

- Friday
  - 6 PM – 9 PM
- Saturday
  - 9 AM – Noon
  - 1 PM – 4 PM
- Sunday
  - 9 AM – Noon
  - 1 PM – 4 PM

### Exceptions to regular weekend hours

September session will meet at the following times.

- Friday
  - 6 PM – 9 PM
- Saturday
  - 9 AM – Noon
  - 1 PM – 5 PM (note different end time for the afternoon)
- Sunday
  - 9 AM – Noon
  - 1 PM – 3 PM (note different end time for the afternoon)
- The Saturday afternoon session will be taught by Cindy Dollar and Susan Grant. This is a workshop on Yoga & Mindfulness Meditation.

November session will meet at the following times:

- Friday
  - 6 PM – 8 PM
- Saturday
  - 9:30 AM – 12:30 PM
  - 3 PM – 5 PM
- Sunday
  - 9:30 AM – 12:30 PM
  - 2 PM – 7 PM
- The Friday night, all day Saturday, and Sunday morning sessions will be taught by Cindy Dollar, ERYT 500, Iyengar-certified teacher. Valerie will teach the Sunday afternoon one.

Program Requirements/Assignments:

- Minimum of 2 years of recent yoga experience or permission from Valerie.
- Attendance in all hours of all teacher training weekends.
- Regular attendance in classes outside of TT weekends. (We cannot be teachers without being students first and ongoing. )
- Home practice and journaling of it.
- Observing / assisting in 6 hours of another teacher's classes
- Ability to complete additional assignments as given during the program (reading, preparing for practice teaching, writing short papers, final written exam, etc.).