

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

### Dates for 2010 Program

1. March 5-7
2. April 9-11
3. May 7-9

### Hours for each weekend

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

### Program Requirements/Assignments:

- Minimum of 6 month of recent yoga experience or permission from Valerie.
- Attendance in all hours of all enrichment program weekends.
- Ability to complete additional assignments as given during the program (reading, journaling, etc.).

### Required Reading List:

TITLE	AUTHOR
Light on Yoga	BKS Iyengar
Yoga Body	Judith Hanson Lasater, Ph.D., P.T.
Bringing Yoga to Life	Donna Farhi
Yoga Sutras of Patanjali Choose from one of the following: <ul style="list-style-type: none"> <li>• Light on the Yoga Sutras of Patanjali</li> <li>• The Yoga Sutras of Patanjali</li> <li>• Inside the Yoga Sutras</li> </ul>	<ul style="list-style-type: none"> <li>• BKS Iyengar</li> <li>• Swami Satchidananda</li> <li>• Reverend Jagnath Carrera</li> </ul>