



LivYoga Teacher Training School
Winter 2010 Start
 200 Hour Yoga Alliance Registered School

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Part 1: LivYoga Teacher Training Classes Dates

Teacher	Subject	Weekend		Class Day 1		Class Day 2		Hours
Lori	Anatomy	1	Sat	6-Feb	12-6pm*	Sun	7-Feb 12-4pm	10
John	Anusara	2	Sat	27-Feb	12-6pm	Sun	28-Feb 12-4pm	10
Liz I	Yamas & Nyamas / Gita	4	Sat	13-Mar	12-6pm	Sun	14-Mar 12-4pm	10
Sky	Vinyasa	6	Sat	20-Mar	12-6pm	Sun	21-Mar 12-4pm	10
Ellen	Restorative/Pranayama	5	Sat	17-Apr	12-6pm	Sun	18-Apr 12-4pm	10
Lynda	Chakras/Meditation/intuition/light touch techniques	3	Sat	24-Apr	12-6pm	Sun	25-Apr 12-4pm	10
Diana/ TBA	Ayurveda / Asanas	7	Sat	1-May	12-6pm	Sun	2-May 12-4pm	10
Raji	Just Adjustments	8	Sat	22-May	12-6pm	Sun	23-May 12-4pm	10
Lynda	Practice	9	Sat	5-Jun	12-6pm	Sun	6-Jun 12-4pm	10
Lynda	Wrap up	10	Sat	12-Jun	12-6pm	Sun	13-Jun 12-4pm	10
	Total group training hours							<u>100</u>