



200 Hour Teacher Training Program

Extended Format

Dates: October 14 -March 25, 2012
Location: NoBo Pilates & Yoga
 5122 2nd Street
 Boulder, CO 80304
Contact: Please contact Hayley Hobson at hayley@nobopilates.com or 303.952.9811
Trainer: Malachi Melville
Tuition: \$3150 if paid in full by June 20; \$3400 if paid after
Info Session: TBD

Week	Date	Day	Start Time	End Time	Hours	Topic
Session 1						
	14-Oct	Friday	9:00 AM	6:00 PM	9	Welcome
	15-Oct	Saturday	10:00 AM	7:00 PM	9	Neutrally Rotated Standing Poses
	16-Oct	Sunday	10:00 AM	7:00 PM	9	Externally Rotated Standing Poses
Anatomy Intensive*						
	5-Nov	Saturday	12:00 PM	6:00 PM	6	Anatomy Intensive
	6-Nov	Sunday	12:00 PM	6:00 PM	6	Anatomy Intensive
Session 2						
	2-Dec	Friday	9:00 AM	6:00 PM	9	Asana / Neutral & External Review
	3-Dec	Saturday	10:00 AM	7:00 PM	9	Surya Namaskar
	4-Dec	Sunday	10:00 AM	7:00 PM	9	Surya Namaskar
Session 3						
	6-Jan	Friday	9:00 AM	6:00 PM	9	Inversions
	7-Jan	Saturday	10:00 AM	7:00 PM	9	Inversions & Subtle Body
	8-Jan	Sunday	10:00 AM	7:00 PM	9	Inversions
Session 4						
	27-Jan	Friday	9:00 AM	6:00 PM	9	Standing Twists
	28-Jan	Saturday	10:00 AM	7:00 PM	9	Seated Twists
	29-Jan	Sunday	10:00 AM	7:00 PM	9	Simple Backbends
Session 5						
	10-Feb	Friday	9:00 AM	6:00 PM	9	Urdvha Dhanurasana
	11-Feb	Saturday	10:00 AM	7:00 PM	9	How to Teach Beginners
	12-Feb	Sunday	10:00 AM	7:00 PM	9	Ashtanga and Beginners
Session 6						
	2-Mar	Friday	9:00 AM	6:00 PM	9	Forward Bends & Ayurveda
	3-Mar	Saturday	10:00 AM	7:00 PM	9	Chair Backbends
	4-Mar	Sunday	10:00 AM	7:00 PM	9	Restoratives & Relaxation Response
Session 7						
	23-Mar	Friday	9:00 AM	6:00 PM	9	Arm Balances & Abdominals
	24-Mar	Saturday	10:00 AM	7:00 PM	9	Hip Openers & Lotus
	25-Mar	Sunday	10:00 AM	7:00 PM	9	In-Class Teaching & Closing

*Anatomy Intensive is required. This workshop is included in the price of the training.