**200 Hour Teacher Training**

**Weekends: Sat 8-4 & Sun 8-3**

Sept 7 & 8

Oct 5 & 6

Nov 2 & 3

Jan 4 & 5

Feb 1 & 2

Mar 1 & 2

**Wednesdays: 5:30-9:30pm**

Sept 4, 11, 25

Oct 2, 9,16, 23, 30

Nov 6,13, 20, 27

Dec 4,11,18

Jan 8,15, 22, 29

Feb 5,12,19, 26

Book List:

Meditations from the Mat by Rolf Gates

Yoga Toolbox for teachers and students by Le Page (I wouldn’t buy this on amazon- dnk why it is so crazy high there. Found it on iytyogatherpay.com website for 64.55$ or if you find it elsewhere that is fine too.)

Yoga Anatomy- Leslie Kaminoff