



leela Yoga
studio

200 Hr Teacher Training

WS#	Date	Day	Time	Topic	Teacher
1	Oct. 1	Th	5:00 - 8:30pm	Discuss what yoga means to you	Lydia Lagrou
2	Oct. 8	Th	5:00 - 8:30pm	Sun Salutations	Lydia Lagrou
3	Oct. 15	Th	5:00 - 8:30pm	Moon Salutations	Lydia Lagrou
4	Oct. 22	Th	5:00 - 8:30pm	Externally Rotated Standing Poses Part I	Lydia Lagrou
5	Oct. 29	Th	5:00 - 8:30pm	Externally Rotated Standing Poses Part II	Lydia Lagrou
6	Nov. 5	Th	5:00 - 8:30pm	Externally Rotated Standing Poses Part III	Lydia Lagrou
7	Nov. 12	Th	5:00 - 8:30pm	Neutrally Rotated Standing Poses Part I	Lydia Lagrou
8	Nov. 19	Th	5:00 - 8:30pm	Neutrally Rotated Standing Poses Part II	Lydia Lagrou
9	Dec. 3	Th	5:00 - 8:30pm	Balance Poses Part I	Lydia Lagrou
10	Dec. 10	Th	5:00 - 8:30pm	Balance Poses Part II	Lydia Lagrou
11	Dec. 17	Th	5:00 - 8:30pm	Revolved Poses Part I	Lydia Lagrou
12	Jan. 7	Th	5:00 - 8:30pm	Revolved Poses Part II	Lydia Lagrou
13	Jan. 14	Th	5:00 - 8:30pm	Core Part I	Lydia Lagrou
14	Jan. 21	Th	5:00 - 8:30pm	Core Part II	Lydia Lagrou
15	Jan. 28	Th	5:00 - 8:30pm	Arm Balances Part I	Lydia Lagrou
16	Feb. 4	Th	5:00 - 8:30pm	Arm Balances Part II	Lydia Lagrou
17	Feb. 11	Th	5:00 - 8:30pm	Inversions Part I	Lydia Lagrou
18	Feb. 18	Th	5:00 - 8:30pm	Inversions Part II	Lydia Lagrou
19	Feb. 25	Th	5:00 - 8:30pm	Backbends Part and Prone Poses I	Lydia Lagrou
20	Mar. 3	Th	5:00 - 8:30pm	Backbends Part II	Lydia Lagrou
21	Mar. 17	Th	5:00 - 8:30pm	Backbends Part III	Lydia Lagrou
22	Mar. 24	Th	5:00 - 8:30pm	Inversions Part III	Lydia Lagrou
23	Mar. 31	Th	5:00 - 8:30pm	Inversions Part IV	Lydia Lagrou
24	April. 7	Th	5:00 - 8:30pm	Forward Folds Part I	Lydia Lagrou
25	April. 14	Th	5:00 - 8:30pm	Forward Folds Part II	Lydia Lagrou
26	April. 21	Th	5:00 - 8:30pm	Practicum	Lydia Lagrou
27	April. 28	Th	5:00 - 8:30pm	Practicum	Lydia Lagrou