



## DEEP FLOW YOGA 200-HOURS

### 200 Hour Deep Flow Yoga Teacher Training Program 2018

---

Dates	27 July – 11 August + 20 – 28 October 2018
Important Dates	31 December 2017: Deadline Earlybird Rate 1 31 March 2018: Deadline Earlybird 2 15 June 2018: Registration Deadline
Contact	INNERCITYYOGA Urban Yoga Center®, 3 Rue de Rive, 1204 Genève <a href="#">EMAIL Yoga Teacher Training</a> or Patric at 022.310.3535

WEEK	DATE	DAY	MORNING PRACTICE	AFTERNOON PRACTICE	HOURS
<b>Part 1</b>	<b>UNDERSTANDING</b>				
	Covers the essentials of every yoga class: different sun salutations, standing poses, inversions and proper alignment for any basic asana. anatomical focus on external rotations vs. neutral rotations History of yoga and philosophy, basic mantra chanting				
	27 July	Friday	08h00 – 12h00	14h00 – 18h00	8
	28 July	Saturday	–	13h00 – 18h00	5
	29 July	Sunday	–	13h00 – 18h30	5
	30 July	Monday	08h00 – 12h00	14h00 – 18h00	8
	31 July	Tuesday	08h00 – 12h00	14h00 – 18h00	8
	1 August	Wednesday	08h00 – 12h30	–	4
	2 August	Thursday	08h00 – 12h00	14h00 – 18h00	8
	3 August	Friday	08h00 – 12h00	14h00 – 18h00	8
	4 August	Saturday	–	–	–
	5 August	Sunday	–	13h00 – 18h00	5
	6 August	Monday	08h00 – 12h00	14h00 – 18h00	8
	7 August	Tuesday	08h00 – 12h00	14h00 – 18h00	8
	8 August	Wednesday	08h00 – 12h00	14h00 – 18h00	8
	9 August	Thursday	08h00 – 12h00	14h00 – 18h00	8
	10 August	Friday	08h00 – 12h00	14h00 – 18h00	8
	11 August	Saturday	–	13h00 – 18h00	5
<b>Part 2</b>	<b>TEACHING</b>				
	How to teach safely basic classes, Smart Sequencing. Anatomical focus on twists (seated and standing), hip openers, arm balances, inversions. Restoratives and Prenatal Philosophy, Yoga as a Profession				
	20 October	Saturday	–	13h00 – 18h00	5
	21 October	Sunday	–	13h00 – 18h00	5
	22 October	Monday	08h00 – 12h00	14h00 – 18h00	8
	23 October	Tuesday	08h00 – 12h00	14h00 – 18h00	8
	24 October	Wednesday	08h00 – 12h00	14h00 – 18h00	8
	25 October	Thursday	08h00 – 12h00	13h00 – 18h00	8
	26 October	Friday	08h00 – 12h00	14h00 – 18h00	8
	27 October	Saturday	–	13h00 – 18h00	5
	28 October	Sunday	–	13h00 – 18h00	5