



NILAYA
HOUSE



200 Hour Teacher Training Program

Modified Intensive

Dates: April 12 - May 16, 2020

Location: Nilaya House
Warehouse 4, Building 1, 9B Street
Al Quoz Industrial Area 3
Dubai - United Arab Emirates
<https://nilayahouse.com/>

Trainer: Liz Terry

Tuition: 12390 AED if paid in full by February 29, 2020
13135 AED if paid in full by March 30, 2020
13915 AED after March 30, 2020

Tuition must be paid in full by the early registration date to receive the discounted rate.
Students who have graduated from a previous Yoga Alliance approved 200-hour program are eligible to receive 50% off the full tuition price.

Meet the Trainer: Saturday February 15, 2020 from 12:00 pm - 1:30 pm
Meet the Trainer events include a FREE YogaWorks style class and Q&A.
Space is limited. Please RSVP to hold your spot.

Contact: Nilaya House at +971 50 230 1363 or admin@nilayahouse.com
Aubrey Elizaga at 310.664.6470 ext 137 or aubreya@yogaworks.com

Week	Date	Day	Start Time	End Time	Topics
Week 1	12-Apr	Sunday	10:30 AM	5:30 PM	Welcome Circle
	13-Apr	Monday	10:30 AM	5:30 PM	Symmetrical Neutrally Rotated Standing Poses
	14-Apr	Tuesday	10:30 AM	5:30 PM	Intro to Surya Namaskar A
	15-Apr	Wednesday	10:30 AM	5:30 PM	Externally Rotated Standing Poses
	16-Apr	Thursday	10:30 AM	5:30 PM	Externally Rotated Standing Poses
Week 2	19-Apr	Sunday	10:30 AM	5:30 PM	Surya Namaskar A
	20-Apr	Monday	10:30 AM	5:30 PM	Asymmetrical Neutral Standing Poses
	21-Apr	Tuesday	10:30 AM	5:30 PM	Surya Namaskar B
	22-Apr	Wednesday	10:30 AM	5:30 PM	Well Rounded YogaWorks Class
	23-Apr	Thursday	10:30 AM	5:30 PM	Inversions
Week 3	26-Apr	Sunday	10:30 AM	5:30 PM	Inversions
	27-Apr	Monday	10:30 AM	5:30 PM	Inversions
	28-Apr	Tuesday	10:30 AM	5:30 PM	Standing Twists
	29-Apr	Wednesday	10:30 AM	5:30 PM	Pranayama & Backbends
	30-Apr	Thursday	10:30 AM	5:30 PM	How to Teach Beginners
Week 4	3-May	Sunday	10:30 AM	5:30 PM	Urdhva Dhanurasana & Backbends
	4-May	Monday	10:30 AM	5:30 PM	Forward Bends
	5-May	Tuesday	10:30 AM	5:30 PM	Seated Twists
	6-May	Wednesday	10:30 AM	5:30 PM	Chair Backbends
	7-May	Thursday	10:30 AM	5:30 PM	Practice Teach & Restoratives
Week 5	10-May	Sunday	10:30 AM	5:30 PM	Electives
	11-May	Monday	10:30 AM	5:30 PM	Pranayama, Hip Openers & Arm Balances
	12-May	Tuesday	10:30 AM	5:30 PM	Inversions & Trunk Stabilization
	13-May	Wednesday	10:30 AM	5:30 PM	In Class Exam & Review
	14-May	Thursday	10:30 AM	5:30 PM	Final Teaching Practicum
	16-May	Saturday	10:30 AM	3:30 PM	Closing Circle