



## 200 Hour Teacher Training Program

### Summer 4-Week Intensive



**Dates:** February 7 - March 4, 2011  
**Location:** Planet Fitness  
 Sveavägen 167; 113 46 Stockholm, Sweden ☐  
**Contact:** stuart.lascelles@planetfitness.se; 46 8 440 91 53  
**Website:** www.planetfitness.se  
**Led By:** Joan Hyman, www.joanhyman.com  
**Tuition:** 3250 EU if paid-in-full by December 20; 3500 EU if paid-in-full after December 20

Week	Date	Day	Start Time	End Time	Hours
<b>Week 1</b>	<b>Standing Poses (Neutrally and Externally Rotated)</b>				
	7-Feb	Monday	9:00 AM	6:00 PM	9
	8-Feb	Tuesday	9:00 AM	6:00 PM	9
	9-Feb	Wednesday	9:00 AM	6:00 PM	9
	10-Feb	Thursday	9:00 AM	6:00 PM	9
	11-Feb	Friday	9:00 AM	6:00 PM	9
<b>Anatomy One</b>	12-Feb	Saturday	12:30PM	6:30PM	6
<b>Anatomy Two</b>	13-Feb	Sunday	12:30PM	6:30PM	6
<b>Week 2</b>	<b>Inversions, Sun Salutations and Abdominals</b>				
	14-Feb	Monday	9:00 AM	6:00 PM	9
	15-Feb	Tuesday	9:00 AM	6:00 PM	9
	16-Feb	Wednesday	9:00 AM	6:00 PM	9
	17-Feb	Thursday	9:00 AM	6:00 PM	9
	18-Feb	Friday	9:00 AM	6:00 PM	9
<b>Week 3</b>	<b>Standing Twists, Backbends, How to teach Beginners</b>				
	21-Feb	Monday	9:00 AM	6:00 PM	9
	22-Feb	Tuesday	9:00 AM	6:00 PM	9
	23-Feb	Wednesday	9:00 AM	6:00 PM	9
	24-Feb	Thursday	9:00 AM	6:00 PM	9
	25-Feb	Friday	9:00 AM	6:00 PM	9
<b>Week 4</b>	<b>Seated Twists, Forward bends, Lotus, Restoratives</b>				
	28-Feb	Monday	9:00 AM	6:00 PM	9
	1-Mar	Tuesday	9:00 AM	6:00 PM	9
	2-Mar	Wednesday	9:00 AM	6:00 PM	9
	3-Mar	Thursday	9:00 AM	6:00 PM	9
	4-Mar	Friday	9:00 AM	6:00 PM	9