



YogaWorks 200-Hr Destination Teacher Training
16 November - 10 December 2019
Talalla, Sri Lanka

Why a Destination Training?

You are investing in the gold standard of yoga teacher trainings. Dive deep into yogic study, practice with like-minded yogis, and cultivate new friendships, cultural experiences, laughter, self-discovery, and adventure. Shake up the routine of your day-to-day life and immerse yourself in what you truly love!

Training Details:

Our Teacher Training is one of the most dynamic and highly respected programs in the world. Continually refined and improved for nearly 30 years, the YogaWorks program maintains its excellent reputation as a training ground for world-class teachers and serious practitioners.

YogaWorks is a Vinyasa-based school and methodology that balances precise instruction, detailed alignment, conscious breathwork, and fluid movement. Skillfully sequenced and themed classes deepen the students' experience of Yoga, and typically include a dynamic mixture of Sun Salutations and classic Hatha Yoga postures. Intelligent use of modifications and props customize the practice for each student. The YogaWorks Teacher Training Program is based on this clear, effective, and accessible style of practice.

In-class instruction will be led Sunday through Friday. Saturdays are free to explore or to simply relax! All lectures and practices will be held at our designated Yoga Shala on the Talalla property.

Daily Schedule (Please note that this schedule may vary depending upon circumstances)

05:30 - 06:00am:	Light Snack (fruits)/Coffee/Tea
06:00 - 09:00am:	Anatomy, Asana Practice
09:00 - 10:00am:	Full Brunch
10:00 - 12:00pm:	Sequencing, Teaching Skills
12:00 - 04:00pm:	Free Time
04:00 - 07:00pm:	Lectures/Posture Lab/Practice Teach/Philosophy
07:00 - 08:00pm:	Dinner



Meet your YogaWorks Trainers: Anna Zorzou & David Kim

Anna Zorzou and David Kim are among the most Senior YogaWorks Teacher Trainers. Both have studied and taught extensively within the YogaWorks system, and continually deepen their studies with master teachers from many traditions. Collectively, Anna and David have led over fifty YogaWorks 200-Hour and 300-Hour Teacher Trainings. Both oversee international YogaWorks Certification programs, the highest professional designation available through the YogaWorks system. Combining their extensive international teaching experience with their love of travel, they are thrilled to offer this unique and transformative program.



About Talalla Retreat Center:

Situated along one of southern Sri Lanka’s most peaceful and protected golden-sand beaches, Talalla Retreat is an eco-friendly wellness center that supports its local community through sustainable practices and numerous outreach programs. This lively boutique property offers a 20-meter freshwater lap pool, Ayurvedic spa, fitness and body-mind classes, surf lessons, and a popular restaurant specializing in local, seasonal fare. <http://www.talallaretreat.com/>



Accommodations:

All participants will be housed for 24 nights in shared or private rooms. Nestled among the property's palm-fringed beachfront location, all rooms feature either two twin beds or one double bed, personal safes, soap & shampoo, simple furnishings, and en-suite, open-air bathrooms; most have private terraces and sea views. WiFi is not available in the rooms. All rooms afford easy access to the restaurant, pool, and sandy beach.

Check In: Saturday 16 November 2019 after 2:00pm

Check Out: Tuesday 10 December 2019 by 11:00am

Double Room



Single Private Room



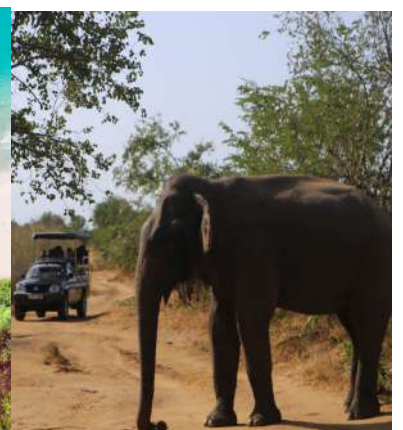
*Double Rooms will have two separate twin beds

Meals:

Talalla's Signature Restaurant specializes in fresh, healthy, locally sourced food, including both Sri Lankan and Western options. Fresh seafood is a specialty, and vegetarian and vegan options are readily available. Blessed with a soothing ocean view, the Restaurant is a wonderful venue to relax with friends, enjoy a light meal or smoothie, connect to WiFi, and soak in the lush tropical surroundings. If you have any dietary restrictions, please let us know on your training registration form.

Exploring the Island & Activities:

You will have plenty of time to explore on your own or with your fellow yogis! Talalla can assist with planning day trips and arranging transportation. Optional activities include beach activities, spa treatments, Sri Lankan cooking classes, surf trips, and visiting local villages and cultural sites.



Travelling to Talalla, Sri Lanka:

We recommend that you book an international flight directly to Sri Lanka's capital city, Colombo (CMB), and then hire a private car to Talalla, a scenic four-hour drive. We will create a contact list for those of you who want to share hired cars/shuttles.

Visas:

Foreign visitors require a visa to enter Sri Lanka for up to 30 days. You may apply quickly and easily for your Electronic Travel Authority (ETA) visa online at: http://www.eta.org.lk/tourist_individual.php
Check with your nearest Sri Lanka Embassy/Consulate to confirm visa requirements for your home country.

Weather:

For November-December, average temperatures near Talalla are 86F (30C), and rarely drop below 73F (23C). Short bursts of rain are normal in this warm, often humid tropical environment. Climate is perfect for beach lovers, so please bring plenty of sunscreen if you burn easily.

What To Wear:

Lightweight yoga outfits, beachwear, and cotton clothing is the norm. If you enter a local temple, etiquette dictates covered knees (long pants, skirt, or wrap) and shoulders (shirt with sleeves or coverall/wrap).

Miscellaneous:

Wi-Fi is free and available only in Talalla's Restaurant. Talalla accepts payments, in cash, Visa, and Mastercard; it does not accept debit cards or AMEX. The beachfront location is ideal for wading, swimming, and light water activities. Sri Lanka's natural beauty is a perfect setting to immerse yourself in nature. Of course, there are insects in any tropical paradise, so please bring bug repellent if desired.

Program Pricing: (All prices in U.S. Dollars)

Package Pricing per person	When you pay in full by May 1, 2019	When you pay in full by August 1, 2019	When you pay in full by August 1, 2019
	Total Package	Total Package	Total Package
Shared Double Ceiling Fan	\$4,720.00	\$4,920.00	\$5,120.00
Shared Double with AC	\$4,940.00	\$5,140.00	\$5,340.00
Private Single Room Ceiling Fan	\$5,640.00	\$5,840.00	\$6,040.00
Private Single Room with AC	\$5,860.00	\$6,060.00	\$6,260.00



What's Included in Your Program Price:

- 200-Hour Program Tuition
- Five (5) YogaWorks Teacher Training Manuals*
- 24 nights accommodation at Talalla Retreat Center
- Daily Full Brunch & Dinner
- 3 months of free MyYogaWorks Online access

**Manuals will be sent digitally to students enrolled in the program. Printed copies will be available for sale at an additional cost.*

How To Register:

- Submit a \$1,000 Non-Refundable Deposit to secure your spot. Direct link to pay the deposit is below. Once you have determined your room option, you will receive a unique link to pay your remaining balance:

<https://www.yogaworks.com/yoga-teacher-training/anna-zorzou-david-kim-destination-srilanka-november-2019/>

- If you are unable to register online, we can arrange a phone/Skype call with the YogaWorks office to process your tuition payment over the phone. Contact: Aubrey Elizaga at (310) 664-6470 ext 137

You may also send tuition payment via bank wire:

- *Please request a document with information about how to execute the wire.
- *Please be aware that many banks will charge wire fees. Check with your bank for the exact amount.
- *Please send a confirmation email that the wire has been sent to the YogaWorks account.
- *We will confirm with you when the wire has been received.

For any other questions about the program, please feel free to contact:

David Kim: david@davidkimyoga.com

Anna Zorzou: annazorzouyoga@gmail.com

