



International Yoga Teacher Training

(200 Yoga Alliance Hours)

April – June 2012

BE A YOGA TEACHER
Learn To Teach, Teach To Learn



Kino MacGregor



Matthew Sweeney



Annie Carpenter



David Keil



Swami Kriyatma



Swami Omteertha



Ashley Davies



Jo Phee



Adeline Tien

WHAT

- Internationally-recognised Yoga Teaching Certification
- A Yoga Alliance (USA) accredited program
- Comprehensive and uniquely-designed training program
- World renowned senior trainers
- Specialised Expert Trainers at the top of their own lineage
- Flexible/part-time schedule (every weekend)

WHY

- Make a profession out of your passion!
- Inspire and make a difference for others through yoga teaching!
- A training that actually teaches you “How to Teach”!
- Regular hands-on practical assisting and teaching labs
- Practical labs held in “actual, live” classes at True Yoga!

WHO

- Students seeking to advance/deepen their yoga practice
- Students seeking to become a yoga teacher
- Current teachers seeking to upgrade/hone their teaching skills
- Current teachers seeking Yoga Alliance accreditation

WHERE

- True Yoga Ocean Financial Centre (Raffles Place)



Registered Yoga Teacher



Registered Yoga School



Integrity. Diversity. Community.

Training Syllabus

Techniques Training/Practice

- Developing a solid personal practice – guided practice of asana, pranayama, meditation, mudras, bandhas, kriyas and mantra
- Deconstruction of Asanas
- Analysis of yoga bodies
- Principles of movement
- Physical and energetic alignments in Asanas
- Creative Sequencing
- Props usage, modifications
- Teaching pranayama and meditation

Teaching Methodology

- Art of demonstration
- Art of touching (Adjustment skills)
- Art of instructing (Teaching methodology)
- Observing, assisting and correcting a class
- Cultivating teaching voice – languaging, timing, eloquence
- Developing a teacher's eye - asana/body assessment & energetic observation
- Teaching styles – Hatha, Vinyasa, Alignment-based Yoga
- Safety in Asanas
- Teaching to special needs
- Pre-natal Yoga
- Qualities of a teacher
- The business of Yoga

Anatomy and Physiology

- Physical A & P (bodily systems, physiological functions, organs)
- Energetic A & P (chakras, nadis, pancha vayus, koshas, bandhas)
- Applied A & P as related to Asana and Pranayama
- Anatomy of Adjustments

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers

- Yoga History and Origins
- The Eight-Limbs (Ashtanga) of Yoga
- Patanjali's Yoga Sutras
- The Gunas (cosmology) and the Tattwas
- Basic Sanskrit Terms
- Yogic nutrition
- Intro to Ayurveda / Doshas
- Ethics of a Yoga Teacher

Practicum

- Observing, assisting and adjusting (within own group & actual public class)
- Receiving and giving feedback
- Presentation/Teaching Skills
- Assessment – theory and practical exams

Certification

The True Yoga International Teacher Training complies with the guidelines for Yoga Alliance's 200-Hour Standards. Upon completion of the training, graduates may apply directly with Yoga Alliance for their 200-Hour accreditation, which is recognized world-wide.

Assessment

Students must fulfill 100% attendance and complete all reading and written assignments in order to be awarded the 200hr certificate. In the event that some hours are missed, students are to re-arrange with their trainer to make up for those hours. In certain cases, there may be a fee involved for make up lessons. Students must competently pass both the theory and the practical exams. There will be opportunity for a re-take should student not meet the minimum passing criteria in these exams. A re-examination fee of \$ 150 shall apply for all retakes. However, Yoga is a way of life, not an academic subject. Our aim is for students to graduate with a complete grasp of teaching yoga safely and responsibly to the community, beyond just obtaining a piece of teaching certificate.

Pre-requisites

- Minimum 1 year of consistent, dedicated yoga practice
- A committed and sincere passion for learning/teaching yoga

The training aims to attract individuals who are considering to be a teacher, current teachers wanting to hone their teaching skills, or individuals who simply want to deepen their study of Yoga. The quality and regularity of your personal practice will show your commitment to Yoga. We are not asking for applicants to be super flexible, but a sincere motivation of learning Yoga. Teaching yoga takes passion, dedication, persistence and consistency in your own practice. Due to the heavy time and financial commitment of this training, it is vital that before one applies, we ask that you assess your authentic motivation for wanting to do this course.

Application for Enrollment

Interested applicants are to obtain the enrollment form either from True Yoga or to email : **teachertraining@trueyoga.com.sg** to request for a form. Once an application is submitted, you are to make payment immediately in order to secure your spot. In certain cases, applicants may be asked to attend an assigned evaluation class at True Yoga for further assessment. **Entry to the training is not automatic.** Students must fulfill the pre-requisites stated above and be able to commit to the entire training schedule. Selection of successful candidates is by the sole discretion of True Yoga. All decisions made are final and no dispute will be entertained. As there are limited slots available in the training, admission into the training will be on a first-come-first-served basis.

Tuition

- S\$5,200 (early bird ending 15 Feb)
- S\$5,500 (16 Feb onwards)
- Interest-free credit card installment plans available.
- Includes training manual (Textbooks sold separately)

Venue

True Yoga (Raffles Place)
Ocean Financial Centre, Level 4

Enquiries

(phone) : +(65) 6733 9555
(email) : teachertraining@trueyoga.com.sg

Hear what our past graduates have to say.....

“A once in a yogic lifetime opportunity to have such amazing teachers all on the same course. “

“The depth of topics went above and beyond the usual Yoga Alliance guidelines.”

“The course content, practical experience and encouragement from Jo and the other teachers really inspires you to go out there and teach with confidence. “

- Lyn Hudson (2011 graduate)

“The teachers were unselfishness to share and were very patient.”

- Iris Low (2011 graduate)

“I felt inspired by the teachers at the teachers training course, they made me see that i could be a better yoga teacher than I imagined myself to be. Swamiji in one of the classes said to me "If you are passionate about yoga then it becomes your duty to pass it on" - that basically clinched it for me.”

“The quality of coverage was varied and in detail.”

- Nirupama Tyagi (2011 graduate)

“Excellent choice of qualified and experienced, dedicated teachers were engaged to coach on specialized fields thus enhancing our learning experience.”

“Overall a complete and comprehensive coverage far beyond that was required for the 200 hrs requirements.”

“Systematic practical training for basic teaching and adjustments were taught to kick-start our teaching passion for yoga.”

- Cherie Yeo (2011 graduate)

“The training focuses on creating the right foundation to teach.”

- P S H'ng (2011 graduate)

“A faculty of well-studied teachers, each crafting their own unique interpretation of yoga, makes this program esthetically very interesting.”

“I have enjoyed all topics that are covered in the TT and appreciate that the program has taught us to build sequence with anatomical focus.”

“A no nonsense approach to equip trainees by using every tool available to develop teaching skills.”

- Agnes Yong (2011 graduate)

ANNIE CARPENTER



Yoga Alliance (E-RYT 500)

Known as a “teachers’ teacher,” Annie’s classes have evolved into an intelligent, organic “SmartFlow”, marrying juicy movement with rigorous discipline.

Annie began practicing yoga as a teenager, and credits the practice as keeping her from falling into a dark, unfocused lifestyle. A dancer, she studied, then performed and taught at the Martha Graham Center in New York during her twenties. Her practice, at that time with more emphasis on pranayama and meditation than physicality, was a refuge in New York’s intense dance scene. Gradually dance gave way completely to yoga, and Annie was lucky to train with many of the world’s great teachers while teaching at YogaWorks in Santa Monica, from 1996-2010 while Los Angeles was becoming a mecca for yoga. She has trained intensively in Integral, Iyengar and Astanga Yoga, including study in Mysore with Patabhi Jois.

Having studied anatomy, kinesiology, and developmental movement, Annie’s classes are informed by the body’s structure and evolution; with great passion for creativity and metaphor, she loves to play with sequencing in order to take her students into a deeper understanding of a pose, and of themselves. She believes that focusing on alignment ensures a safe practice, but more importantly provides “points of dharana” or gateways to inner stillness and meditation. Annie has a playful spirit and encourages a balance between working hard, and a light, joyful exploration into one’s own practice, into the awareness of one’s true nature.

Annie is the author of “RelaxDEEPLY”, a CD of restorative yoga, and “Yoga for Total Back Care” a DVD produced by Yoga Journal. Annie leads public classes, teacher trainings and mentors young teachers at Exhale Center for Sacred Movement in Venice, CA.

“Although our culture tends to shrink yoga to mean only the physical, asana element I believe that yoga truly is a shamanic path, capable of leading us through transformation on all levels. Yoga reminds us what is real, and thus who we are -- the light radiating from within.”

www.anniecarpenter.com

ASHLEY DAVIES



Yoga Alliance (E-RYT 200, RPYT)

After graduating with a Bachelor of Science in Psychology from the University of North Florida in 2000, it was Ashley's intention to continue her studies and pursue a PhD in the field. However, her path led to yoga and since then she's found herself on an incredible journey of self empowerment, transformation, and wellness.

"Each person comes to yoga for a different reason. For me it turned out to be that 'the mat' was a place that gave me time just for me, to nourish my spirit, and to explore the strong connection of body and mind."

In 2003 Ashley traveled to Bali and received her 200RYT in Ashtanga from Yoga Arts. She then returned to Florida and enjoyed teaching at a range of facilities while developing her own style of teaching and continuing to develop her own practice. In 2007 Ashley was invited to teach in Singapore and for the last three years has made Asia her home.

Ashley has had the opportunity to practice, learn, and play with: John Friend, Shiva Rea, Sarah Powers, Aadil Palkhivala, Maya Fiennes, and many others. As her focus, she is trained in Prenatal Yoga (Janice Clarfield) and Yin Yoga (Paul Grilley). Ashley's attention to Prenatal Yoga has led to additional training and she is also currently pursuing her certification as a Doula. Ashley has been teaching Pre Natal for 7 yrs and has been privileged to work with many women before, during, and after the birth of their babies. She has seen the wonderful benefits that practicing yoga while pregnant can have on your body, your birth experience, and your recovery from childbirth. Ashley welcomes her students to salute and celebrate motherhood and childbirth! As a new, first time Mom herself, she feels blessed to have taught throughout her pregnancy and experience first hand the grace and glory of yoga while pregnant.

Ashley teaches with the intention to blend knowledge and experience in a clear, dynamic and generous manner. She practices and teaches with an open heart and an open mind; embracing gratitude everyday and allowing it to bring her joy, then sharing that joy with others.

Ashley is currently living, loving, and teaching in Singapore.

DAVID KEIL



David was introduced to yoga in 1989 by his Tai Chi Chuan teacher. Both the Tai Chi and Yoga practice at the ripe age of 17 began his research into his own mind-body connections. His search continued through massage therapy where he discovered many insights and affirmations of what he had been exploring and finding on his own through his practices. One of the most important elements was the specific understanding of the musculoskeletal system and how fascinating, beautiful, and amazing the body is on the scientific level and how that directly played into and off of his own understanding of the human body. He was given names and explanations for some of things he had been experiencing and feeling.

As an instructor of Kinesiology (the study of movement and musculoskeletal anatomy) at Miami's Educating Hands School of Massage, David had developed a fun, informal and informative style of teaching. By repeatedly teaching incoming students who had no prior understanding of anatomy, David was confronted with the problem of making such a complex and beautiful system accessible and understandable to the average person.

Yoga practitioners generally have a deep kinesthetic understanding of how their body moves and works. Now they can have a deeper understanding by exploring anatomy visually and verbally with David's workshops. David brings his unique style and ability to make things simple to the yoga world. Because of his passion and desire to share the human body with everyone, he delivers this complex and sometimes frustrating topic in a way that is very accessible and understandable to yoga practitioners.

David now spends much of his time travelling and teaching workshops in both anatomy and Ashtanga Vinyasa Yoga internationally. David is well known for his skills in adjusting postures and his simple and straightforward approach to practicing yoga. He has also produced two Yoga Anatomy DVDs that are translated into four languages.

David's current personal yoga practice is Ashtanga Vinyasa Yoga. Since 2002 he has had the honor of studying with Sri K. Pattabhi Jois, in Mysore (he has traveled there every year since) as well as with John Scott, author of Ashtanga Yoga, with whom he also has the extreme honor of teaching. David was authorized to teach Ashtanga Vinyasa Yoga by Sri K. Pattabhi Jois and his grandson R. Sharath in 2004 and is now Authorized Level 2.

SWAMI KRIYATMA



Swami Kriyatma was first exposed to yoga in the early 1960s by his mother and still remembers well the profound influence that introduction has made on his life. In his youth and early adulthood he was what would be described today as an elite sportsman competing and representing at high levels. The late sixties found him pursuing his first loves of surfing and yoga and the same for much of the 1970s while at university where he majored in education, psychology and research methodologies. In Australia at that time outside of the capital cities there were not a lot of yoga teachers, so for much of that time he was self taught from the books of Swami Sivananda of Rishikesh and BKS Iyengar.

Swami Kriyatma was initiated by Swami Satyananda into the Dasnami Order of Sannyasa in 1983. In 2001 Swami Niranjananda appointed him to the position of Director of Education for Satyananda Yoga Academy Australasia.

His primary responsibility over the last decade has been to raise the mainstream profile, understanding and creditability of yoga in the west. Towards this end he has played a pivotal role in gaining from the Australian Government formal recognition for yoga training as a legitimate educational pathway and qualification. As a consequence students in Australia can now gain significant government financial assistance to support them in their yogic studies.

Currently he is overseeing the development of a higher qualification for experienced yoga teachers in special needs areas and research. Research is an important activity conducted by Satyananda Yoga as for mainstream acceptance of yoga as an efficacious modality, there is much need for scientific validation of its claims. In part due to these projects the ashram where he lives is regarded as one of the most respected centres for yogic training outside of India.

Swami Kriyatma does not pretend to be a great yogi, a master or such; he is simply a faithful disciple of his guru under whose direction he has been practicing and studying now for many years. His teaching has been informed also by the many great teachers that live and have lived at Mangrove Mountain Australia where he resides. His teaching style is most often described as being very clear and down to earth. For these reasons he has been and continues to be invited to teach on many yogic topics in many parts of the world.

KINO MACGREGOR



Yoga Alliance (E-RYT 500)

Kino MacGregor shares the spiritual heart of Ashtanga Yoga in classes, retreats and workshops all over the world. She is one of a select group of people to receive the Certification to teach Ashtanga Yoga by its founder Sri K. Pattabhi Jois in Mysore, India.

In 2006, she and her husband Tim Feldmann founded Miami Life Center, a community built around yoga, holistic health and consciousness on Miami Beach www.miamilifecenter.com. She has produced four other Ashtanga Yoga DVDs (A Journey, A Workshop; Ashtanga Yoga Primary Series; Ashtanga Yoga Intermediate Series; Introduction to Ashtanga Yoga).

Kino holds a Master's Degree from New York University and integrates her commitment to consciousness and empowerment with her yoga teaching. She has been featured in Yoga Journal, Yoga Mind Body Spirit, Yoga Joyful Living, Travel & Leisure Magazine, Ocean Drive Magazine, Florida Travel & Life Magazine as well as appearing on Miami Beach's Plum TV and the CBS Today Show. Find out more about her at www.kinoyoga.com.

SWAMI OMTEERTHA



Swami Omteertha is a senior and highly respected teacher from Satyananda Yoga Academy Australasia, having been connected with and teaching on behalf of this tradition since the early 1980s.

Concurrent with her passion for yoga has been her deep interest in alternative therapies and complimentary medicine. She holds highly respected qualifications in Herbalism from both the Dorothy Hall College and the Australian College of Natural Medicine, a Bachelor of Health Science (Naturopathy) from Victoria University and is currently completing a Bachelor of Nursing from the University Of Newcastle. She has gained numerous awards and scholarships for academic excellence in the process of achieving these qualifications.

With this quiver of skills she was the natural choice for course development of the nationally accredited qualification: the Diploma of Satyananda Yoga Training and along with playing a pivotal role in developing the training and assessment for Anatomy and Physiology contained in this qualification, she also developed the majority of the teacher training curriculum. Due to this work and the many complimentary areas of expertise she possesses, she has travelled extensively on behalf of Satyananda Yoga Academy and helped in the creation and delivery of equivalent courses to the Satyananda Yoga Diploma in the USA and Greece. As well Swami Omteertha spent a year teaching in Hong Kong and has visited China on several teaching trips.

Aside from her scientific background and long experience in ashram living and yoga teaching, Omteertha is a classically trained musician who sings kirtan and bhajan beautifully as exhibited on the various CDs she has performed on over the years. The fortunate students in this teacher training course will as a consequence be given the highest quality introduction to Nada Yoga, Mantra Yoga and kirtan.

Equally if not more importantly Swami Omteertha is an exceptionally clear and most engaging lecturer which is a rare find especially in the domains of Anatomy and Physiology, and Nutrition which can in the wrong hands be a very dry subject. In the hands though, of the likes of Swami Omteertha, the sciences can become a vibrant living and relevant area of enquiry and a real boon to emerging teachers.

JO PHEE



Yoga Alliance (E-RYT 500)

Jo is the Director of True Yoga's Teacher Training Program and has completed 3000+ hours of formal yoga training over the past 10 years.

Jo's yogic training began at the Australian Ashram of the Satyananda Yoga Academy (Bihar School of Yoga) shortly after she migrated to Sydney in 2001. The following year, she embarked upon the Academy's 3-year teaching diploma (2000+hours). During her ashram training, Jo not only immersed herself in the philosophy and history of yoga, but also experienced first-hand an authentic yogic lifestyle with the living swamis. The teachings of her spiritual mentor, Swami Satyananda Saraswati, continue to inspire her in her yogic path.

Inspired by the ashram environment, Jo developed her belief that teaching yoga entails a lifelong commitment to learning. Since leading her first class over 8 years ago, Jo has earned two additional 200-hour Yoga Alliance teaching certifications, with Yoga Arts Australia and SmartFlow Yoga (Los Angeles). She also holds teaching certifications from Sarah Powers (Yin/Yang Yoga & Mindfulness Meditation), Shiva Rea (Prana Vinyasa Flow), David Swenson (Ashtanga Yoga), Aadil Palkhivala (Purna Yoga), Tias Little (Yoga Anatomy), Paul Grilley (Yin Yoga, Anatomy of Yoga, Chakras & Meridians), Ana Forrest (Advanced Teacher Training), and Erich Schiffmann (Moving Into Stillness).

Jo travels extensively every year, continuing her studies with some of the most experienced and senior teachers in the world, including Richard Freeman, Tim Miller, John Friend, Dena Kingsberg, Chuck Miller, and Maty Ezraty. Her primary Yang teachers, Matthew Sweeney and Annie Carpenter, have deeply influenced her current teaching style and personal asana practice.

Over the past 7 years, Jo has shifted much of her energy toward the mindfulness practice of Yin Yoga, guided by the ongoing mentorship of Sarah Powers and Paul Grilley, both of whom she regularly assists in their teacher trainings. Jo's popular Yin classes incorporate her abiding love of yoga philosophy with her knowledge of Chinese Medicine and Acupuncture - which she regularly studies at the Singapore College of Traditional Chinese Medicine (TCM). She completed a course on Chinese Meridians with American Acupuncturist, Dr Susan Stumpf, in 2008.

Consequently, Jo's teaching and personal practice have weaved into a powerful union between the mindfulness of Yin and the dynamism of Yang, eliciting a profound sense of balance, strength, and serenity for both herself and her students.

MATTHEW SWEENEY



Matthew began Yoga as a teenager more than 25 years ago, and has been learning about Asana, the body, meditation, self development and spiritual practice ever since. He began Ashtanga Yoga in 1992, and has been teaching the traditional method since 1996.

Over the last decade he has also incorporated alternative sequences into his teaching as a support to the standard Ashtanga sequences. All students are encouraged to work to their own particular level and inclination, so that the Ashtanga Yoga and Vinyasa Krama methods can support practitioners of any level.

Matthew has studied applied behavioural psychology, Tantra and Self Development with a number of teachers over his lifetime, and incorporates the personal, devotional and therapeutic work into all of his classes. His workshops encompass a broadminded and holistic approach, to keep working towards true connection and spirituality.

Matthew travels and teaches Yoga workshops in Australia, Asia, North America and Europe and conduct 1 Month Programs in Byron Bay and Thailand each year.

ADELINE TIEN



(Yoga Alliance – RYT 200)

Adeline was first introduced to yoga in 1994. She fell in love with yoga instantly: the use of muscles to move into poses, the flow, the calmness, serenity, the peace of mind, focus and clarity and after a yoga class.

Early in 2002, Adeline's path became clear to her and she knew she wanted to teach yoga. She completed her 200-hour teaching training certification with Yoga Arts (Australia) and is a registered teacher with Yoga Alliance.

Adeline also studied with Judith Hanson Lasater to become a certified Relax & Renew Trainer® in Restorative Yoga.

She continues to further her yoga practice and regularly attends classes, workshops and trainings in the various styles of yoga. She has had the fortunate experience to practice and study with renowned yoga teachers, such as David Swenson, Rodney Yee, John Scott, David Roche, David Life, Danny Paradise, Matthew Sweeney, Louisa Sear, and Rachel Hull. She has practiced and trained with Aadil Palkhivala (Purna Yoga), Tias Little (Yoga Anatomy), Paul Grilley (Yin Yoga, Anatomy of Yoga), amongst others.

Adeline's strengths and interests are in teaching awareness of movement and strength through muscles in the body, and breath. She aims to use these to restore and create balance in the body's nervous system, expedite rehabilitation and reduce stress levels.

Apart from teaching in yoga studios, she has worked and helped students who have breast cancer, Parkinson's disease, arthritis, back and knee injuries.

As a yoga teacher, Adeline brings a sense of fun and challenge into her classes, while respecting every student's individuality and personal journey on their mat. She believes that everyone has the potential to benefit equally from each pose, regardless of how deeply they can physically go into a pose. Her goal in teaching yoga is to assist her students to find their own beautiful place of balance, peace and love, within their bodies and mind.

Besides practicing and teaching yoga, Adeline keeps her zest for movement by taking part in other sports such as dragging her feet in marathons, swimming, taking part in triathlons (and trying not to get run over by the mad cyclists!), staying balanced while surfing, and whatever else there is to try!

True Yoga Int'l Teacher Training
April - June 2012
200 Yoga Alliance Hours

Schedule

Week	Dates	Day	Times	Hours
1	1-Apr	Sun	9am - 12.30pm - 2pm - 5.30pm	7
2	6-Apr 7-Apr 8-Apr	Fri (public holiday) Sat Sun	8am - 12pm, 1.30pm - 5.30pm 8am - 12pm, 1.30pm - 5.30pm 8am - 12pm, 1.30pm - 5.30pm	8 8 8
3	14-Apr 15-Apr 16-Apr 17-Apr	Sat Sun Mon Tues	8am - 12pm, 1.30pm - 5.30pm 8am - 12pm, 1.30pm - 5.30pm 6pm - 9pm 6pm - 6pm	8 8 3 3
4	21-Apr 22-Apr	Sat Sun	9am - 12.30pm - 2pm - 5.30pm 9am - 12.30pm - 2pm - 5.30pm	7 7
5	28-Apr 29-Apr 1-May	Sat Sun Tues (public holiday)	1pm - 3pm (public workshop) 4pm - 6pm 1pm - 3pm (public workshop) 4pm - 6pm 1pm - 3pm (public workshop) 4pm - 6pm	2 2 2 2 2 2
6	5-May 6-May	Sat Sun	9am - 12.30pm, 2pm - 5.30pm 9am - 12.30pm, 2pm - 5.30pm	7 7
7	12-May 13-May	Sat Sun	8am - 12pm, 1.30pm - 5.30pm 8am - 12pm, 1.30pm - 5.30pm	8 8
8	19-May 20-May	Sat Sun	9am - 12.30pm, 2pm - 5.30pm 9am - 12.30pm, 2pm - 5.30pm	7 7
9	26-May 27-May 29-May 31-May 1-Jun 2-Jun	Sat Sun Tues Thurs Sat Sun	8am - 12pm, 1.30pm - 5.30pm 8am - 12pm, 1.30pm - 5.30pm 6pm - 9pm 6pm - 9pm 8am - 12pm, 1.30pm - 5.30pm 8am - 12pm, 1.30pm - 5.30pm	8 8 3 3 8 8
10	9-Jun 10-Jun	Sat Sun	9am - 12.30pm, 2pm - 5.30pm 9am - 12.30pm, 2pm - 5.30pm	7 7
11	16-Jun 17-Jun	Sat Sun	9am - 12.30pm, 2pm - 5.30pm 9am - 12.30pm, 2pm - 5.30pm	7 7
12	23-Jun 24-Jun	Sat Sun	9am - 12.30pm, 2pm - 5.30pm 9am - 1pm	7 4

Total: 200