

SIGN UP TODAY

# 300 Hour Virtual YTT

LED BY ZAC ARMSTRONG & EMILIE PORTER-RAND

WITH GUEST TEACHERS CHRISTINE KICK, VALERIE UGNIOW,  
KELLY TURNER, NATE CHANG, AND OTHERS!

**Eight Month Professional Program launches October 12th, 2021.**

100% Live. 100% Online. 100% Transformative.

Do more than just “check the box” of an advanced certification.

Commit and develop the tools that will expand your knowledge and transform your career as a yoga teacher.

**Registration closes October 11th.**

Sign up by September 12th and save \$250.

Payment plans available. Inquire for details.

Discounted local studio memberships available.

Tuition includes 8-months of access to Y6 GO On-Demand.

# Grow. Develop. Evolve.

**200 HR**

**vs**

**300 HR**

Map **where you are**  
in your yoga journey

Map **where you want to go**  
in your yoga journey

## Led by 2 YogaSix Master Trainers.



Zac Armstrong



Emilie Porter-Rand

**GO TO [YOGASIX.COM/TEACHER-TRAINING](https://yogasix.com/teacher-training) TO LEARN MORE**

# 300 Hour Introduction & Mission

## **We are so glad you are considering joining the 300 Hour Teacher Training program with YogaSix.**

The program that we have created is truly remarkable. The collaborative and collective development over the past three years of this program has resulted in a rich tapestry of content and education, as well as perspectives that will help set up graduates for success in finding their own voice and mission.

We often see approximately 50% of our 200-hour YTT enrollees do the program “just” to deepen their practice. And that is certainly a good enough reason. Quite often, those individuals join the other 50% in realizing their passion for yoga and skills we train on leads to their excitement to teach and share their talents.

The YogaSix 300-hour program is designed for active yoga teachers looking to expand their practical skillset. To dive deeper into so many imperative yoga topics only introduced in their earlier education. To chart a path for a rich, rewarding career in the yoga industry that is not only sustainable, and fulfilling.

To put it simply, while our 200 Hour YTT helps map where you are in your yoga journey, our 300 Hour YTT helps you map where you want to go in your yoga career.

We are not looking to cut corners in our program. Instead, we are holding the highest integrity of education and commitment to ensure our students receive the top rate training they deserve. This includes working with instructional designers who specialize in how adults learn, so that we might have the best possible impact on our students.

We will develop technical skills in sequencing, anatomy, physiology, and methodology. We will explore philosophical topics that will help teachers live the yoga both on and off the mat. We will help them develop practical skillsets to build a career worth celebrating, including workshops, privates, business & ethics, and more.

Bottom line is, the people that graduate from our program will leave with a stronger voice, vision, and mission to share their teaching gifts with the world.

# Program Design & Set Up

The YogaSix 300 Hour Teacher Training consists of 12 modules, that are divided into three sections. As all cycles, or vinyasas, have a beginning, a middle, and an end, so does our program.

## **PART 1: THE BEGINNING | MODULES 1-4**

“Where You Are” | Assessment, Reflection, Foundation

## **PART 2: THE MIDDLE | MODULES 5-8**

“Where You Want to Go” | Intention, Direction, Expansion

## **PART 3: THE END | MODULES 9-12**

“How You’re Going to Get There” | Action, Lifestyle, Manifestation

Each phase contains 9-10 Tuesday late afternoon/early evening sessions (depending on time zone!), as well as one weekend per month with a 7-14 day break between phases for integration. 3 weekends will be all day Friday, Saturday, Sunday and correspond with the beginning of each phase. 4 weekends will be Friday night, all day Saturday, Sunday.

**A wide range of topics will be covered, and skill sets developed throughout the course of the program. Topics include, but are not limited to:**

<b>YOGA TOOLS, PHILOSOPHIES, AND METHODOLOGIES</b>	<b>ANATOMY &amp; KINESIOLOGY</b>	<b>SKILLSET DEVELOPMENT</b>
Yamas & Niyamas	Anatomy Myths	Teacher’s Voice
Chakras	Intro to Biomechanics	Self-Care
Tantra	Functional Movement	Workshop Development
History of Modern Yoga	Advanced Anatomy of the	Working with Privates
Pranayama	Hip, Shoulder & Spine	Mirroring
Meditation	Muscle Activation & Contractions	Verbal Assists
Kundalini Yoga	Yoga Injuries	Passion Projects
Yin Yoga	Reading Bodies	Intelligent Sequencing
Prenatal Yoga	Tissue Adaptation	Social Media & Business of Yoga
Yoga Nidra	Fascia	SMART Goals
Hatha Yoga	Biotensegrity	Balance Cues
Restorative Yoga		Solution-Oriented Journaling
		Conscious Communication

# Training Agenda

## WHERE YOU ARE

Assessment | Reflection | Foundation

SESSION TYPE	TUES EVENING	FRI EVENING	WEEKEND ALL DAY
DATES	October 12, 19 & 26 November 2, 9, 16, 23 & 30 December 7 & 14	November 19	October 22, 23 & 24 November 20 & 21

## WHERE YOU WANT TO GO

Intention | Direction | Expansion

SESSION TYPE	TUES EVENING	FRI EVENING	WEEKEND ALL DAY
DATES	January 4, 11, 18 & 25 February 1, 8, 15 & 22 March 1	February 4	January 7, 8 & 9 February 5 & 6

## HOW YOU'RE GOING TO GET THERE

Action | Lifestyle | Manifestation

SESSION TYPE	TUES EVENING	FRI EVENING	WEEKEND ALL DAY
DATES	March 15, 22 & 29 April 5, 12, 19 & 26 May 3 & 10	April 22 May 13	March 18, 19 & 20 April 23 & 24 May 14 & 15

## MEETING TIMES BY TIMEZONE

EVENING SESSIONS			
PST	MST	CST	EST
3:00pm-6:00pm	4:00pm-7:00pm	5:00pm-8:00pm	6:00pm-9:00pm
ALL DAY SESSIONS			
PST	MST	CST	EST
8:00am-4:00pm	9:00am-5:00pm	10:00am-6:00pm	11:00am-7:00pm

300 HOUR Y6 VIRTUAL YTT

# Required Texts

## **REQUIRED TEXTS:**

- [Trail Guide to Movement, 2nd Edition by Andrew Biel](#)
- Self selected text on yoga philosophy

## **RECOMMENDED TEXTS:**

- [Anatomy of Movement, Revised Edition by Blandine Calais-Germain](#)
- [The Key Muscles of Yoga: Scientific Keys, Volume 1 by Ray Long](#)

## **REQUIRED MATERIALS & EQUIPMENT:**

- Laptop, tablet, or desktop computer with webcam
- Device with video and audio recording capacity
- Stable internet connection
- Learning space that is free from distractions and large enough for movement
- 2 blocks, 1 bolster, yoga strap (8' or longer)
- Learning journal
- Reflection journal
- Zoom account (paid account not required)
- Canvas account (paid account not required)

# FAQ's

## **What is this 300-hour teacher training all about?**

There is a difference between learning about yoga and learning how to teach yoga. While our program certainly honors and explores the depths of yoga philosophy, our focus is on teaching yoga. While many people sign up for a 200 hour yoga teacher training to learn how to teach, or to simply dive deeper into yoga, this 300 hour professional program is designed for yoga teachers looking to refine and develop their craft. Through the 12 different modules, you will assess Where You Are, decide Where You Want to Go, and plan How You're Going to Get There. Because a sustainable, rewarding, and enriching career in yoga IS possible, and we are committed to helping you get there.

## **What makes this training different from other 300 hour teacher trainings on the market?**

You may have noticed a flood of advanced trainings hitting the market recently. Many of them are designed to quickly 'check the box' of an advanced certification in order to be able to stay compliant with Yoga Alliance's updated lead facilitator training standards going into effect in 2022. Our program will do far more than just 'check the box.' We have spent over a year developing the content, materials, and delivery to ensure that our participants truly grow in their profession. It is fully interactive, live, and engaging.

## **Can an online/virtual training capture the magic of an in-person experience?**

We are happy to report, YES! When we created this program, we worked with instructional designers to make sure we could produce the same incredible teachers that our in-person trainings are known for, using an online medium for instruction.

It's impossible to recreate the personal connections that develop when trainings are in-person, but we're confident trainees will build meaningful relationships during mentoring groups, breakout rooms, group projects, and on-on-one meetings with facilitators.

## **Is this a training approved by Yoga Alliance? Even the virtual program?**

Yes! YogaSix is a Registered Yoga School with Yoga Alliance. Reviews for our program can be found [here](#).

## **Are there any prerequisites to do the program?**

You have to have graduated from a 200 hour teacher training program. Upon registration, you will receive the course syllabus and suggested readings.

## **Do I have to have done my 200 hour through YogaSix? Do I have to currently teach at a YogaSix location to do the program?**

Nope and nope! We welcome in teachers from a variety of backgrounds, as long as they are committed to growth, reflection, and being in the conversation.

# FAQ's

## **Does completion of this program guarantee me employment?**

As confident as we are in our ability to support your growth and skillset, we cannot guarantee employment.

## **Will I be able to teach at studios that are not YogaSix studios?**

Absolutely! Our 300hr Yoga Teacher Training is recognized by Yoga Alliance. Our program is well respected within the yoga community and teachers from our program are sought after. Our graduates have gone on to teach at countless yoga studios, gyms, resorts, as well as work with corporate & private clients.

## **What if I miss a session? Am I able to make it up at a later date?**

Group learning is one of the many gifts that a training offers. While it is impossible to recreate a moment in time or a session that is missed, we understand that life happens, and sometimes unforeseen circumstances come up. Each student can miss 15 hours of the 300 hour yoga training program. All missed hours must be made up, and missing up to 15 hours is included in the cost of the program. If more than 15 hours of training are missed, the student must schedule make-up with one of the lead facilitators at a rate of \$50 per hour to graduate from the program. Students must contact the program director before the weekend which they will be missing. No more than 30 hours in total can be missed across the program.

## **Do I have to be an advanced teacher to take the training?**

No, though some experience teaching outside of your initial teacher training will be extremely beneficial. After all, you will have something to reflect upon. The training is about diving deeper into the study and practice of yoga, as well as the skills needed to be an amazing teacher. It doesn't matter if you've been teaching for 1 year or 20, in this program, you'll find a supportive environment where teachers and facilitators challenge one another to grow and celebrate success. If you are still unsure, please reach out to the YogaSix Director of Education, Kelly Turner at [Kelly@YogaSix.com](mailto:Kelly@YogaSix.com) to talk further.

## **I am not sure I want to teach. Is this still worth doing?**

Maybe not... this program is all about professional development, so we will focus on things that will make you a better teacher. Will you learn skills that will help you on and off your yoga mat? Absolutely. But we are committed to developing our participants in their career.

## **Do the 300 hours of training happen within all the weekends and immersions?**

The program is broken down into requirements by Yoga Alliance. Each program is made up of approximately 220 live hours including lectures, asana labs and practice with the lead trainers. To make the most of the live lessons, home study is assigned for each module. Trainees typically spend an average of 5 hours per/ module on self-guided home study and projects.



# FAQ's

## **Are payment plans available?**

Yes! You can either pay in full for \$4000, or split the tuition into a monthly payment plans. There is a \$200 payment plan processing fee, so the total cost of the program would then shift to \$4200.

## **What's included with my tuition?**

Six months of Y6 GO on-demand streaming is included with your tuition. You will also receive a comprehensive trainee manual, and access to our state-of-the art online learning platform. Upon graduation of the program, you will be invited to a 6 month monthly coaching call with the Director of Education at YogaSix and special guest speakers.

## **What's not included with my tuition?**

There are several required texts that are required for home study assignments. Additionally, it is recommended that you secure two yoga blocks, one bolster, and one yoga strap for the training as well.

## **Is there a deposit? What is the refund policy?**

Because space is limited, we do consider the first \$1,000 paid to be your initial deposit. If you cancel fifteen (15) days or more before the start of the program, you will forfeit \$500 of the deposit and the remaining balance paid will be refunded. If you cancel 1-14 days before the start of the program, you will forfeit \$1,000 of the deposit and the remaining balance will be refunded. No refunds are available once the program begins, and future scheduled payments must be completed.

## **Will I regret taking the leap and signing up?**

No, you won't. We can't wait to support you in your journey.

## **I have more questions... who can I talk to?**

Send YogaSix's Director of Education an email at [Kelly@YogaSix.com](mailto:Kelly@YogaSix.com), and she can answer any additional questions you might have! You can also book a 15 minute exploratory session with Kelly [here](#).

## **I'm in! How do I sign up for the upcoming 300 Hour Training that kicks off on October 12th, 2021?**

- Paid in Full: <https://www.clubready.com/JoinUs/8555/537631>
- 2 Payments: <https://www.clubready.com/JoinUs/8555/537626>
- 3 Payments: <https://www.clubready.com/JoinUs/8555/537627>
- 4 Payments: <https://www.clubready.com/JoinUs/8555/537629>
- 5 Payments: <https://www.clubready.com/JoinUs/8555/537630>
- 6 Payments: <https://www.clubready.com/JoinUs/8555/537629>

