



200 Hour Vinyasa Teacher Training Program

Virtual Training - 4 Months, 7 Weekends, 7 Weeknights, 200 Transformational Hours

- Dates:** February 24, 2021 to June 6, 2021
- YTT Leads:** Christine Kick, Emilie Porter-Rand, Zac Armstrong
- Location:** Zoom/Canvas, with follow up contact hours at local YogaSix location
- Includes:** Tuition includes 2 months of YogaSix Go on demand, 2 months of unlimited yoga at a local YogaSix studio, and two hour-long sessions with their Lead Teacher. All components of this program listed below must be taken together.
- Topics:** Topics covered include History of Yoga, Tantric Philosophy, Breathing Practices, Intelligent Sequencing, Meditation, Yoga Maps and Tools, Guiding Movement with Breath, Simple to Complex Language and Class Design, Hands on Assists, Practice Teaching, Building from the Ground Up, Dynamic Language, Anatomy, Posture Clinics, and more!
- Additional Requirements:** In addition to live Zoom/Canvas sessions, for full certification, students are required to take, observe, or assist 40 yoga classes at local YogaSix, and spend 2 hours in person with a Y6 Lead Teacher or Master Trainer.
- Tuition Options:** Pay in Full Registration Link: [\\$2500 \(discounted from regular price of \\$3,000\)](#)
Payment Plan Registration Link: [\\$2600 \(two payments of \\$1300\)](#)
- For Questions:** kelly@yogasix.com

SESSION	DATE	DAY	PST	MST	CST	EST
Weekend 1	24-Feb	Wednesday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	27-Feb	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	28-Feb	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
Weekend 2	10-Mar	Wednesday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	13-Mar	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	14-Mar	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
Weekend 3 & Practice Teach 1	24-Mar	Wednesday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	27-Mar	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	28-Mar	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
Weekend 4 & Anatomy	14-Apr	Wednesday	3:00pm - 7:00pm	4:00pm - 8:00pm	5:00pm - 9:00pm	6:00pm - 10:00pm
	17-Apr	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	18-Apr	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
Weekend 5 & Practice Teach 2	28-Apr	Wednesday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	1-May	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	2-May	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
Weekend 6	19-May	Wednesday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	22-May	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	23-May	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
Weekend 7, Practice Teach 3 & Graduation	2-Jun	Wednesday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	5-Jun	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	6-Jun	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm

Required Reading (Approx. \$50)

1. The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar
2. Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga by Danny Arguettey
3. The Key Muscles of Yoga: Scientific Keys, Volume 1 by Ray Long

Recommended Supplies

Two yoga blocks, one yoga bolster, one yoga strap. Discounts available for YTT enrollees at YogaSix.