



200 Hour Vinyasa Teacher Training Program

Virtual Training - Seven Week Format (Friday Evenings, Saturday & Sunday Days)

- Dates:** April 16th - July 11th, 2021
- YTT Leads:** Valerie Lucas, 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: <https://www.clubready.com/JoinUs/8555/525304>
Payment Plan Registration Link: <https://www.clubready.com/JoinUs/8555/525305>
- For Questions:** kelly@yogasix.com

SESSION	DATE	DAY	PST	MST	CST	EST
Weekend 1	16-Apr	Friday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	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 2	23-Apr	Friday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	24-Apr	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	25-Apr	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
Weekend 3 & Practice Teach 1	7-May	Friday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	8-May	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	9-May	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
Weekend 4 & Anatomy	21-May	Friday	3:00pm - 7:00pm	4:00pm - 8:00pm	5:00pm - 9:00pm	6:00pm - 10:00pm
	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 5 & Practice Teach 2	12-Jun	Friday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	13-Jun	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	14-Jun	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
Weekend 6	18-Jun	Friday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	19-Jun	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	20-Jun	Sunday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
Weekend 7, Practice Teach 3 & Graduation	9-Jul	Friday	3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	6:00pm - 9:30pm
	10-Jul	Saturday	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm	11:00am - 6:00pm
	11-Jul	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.