



200 Hour Vinyasa Teacher Training Program

Virtual Training -Eight Weekend Format (Friday Evenings, Saturday & Sunday Days)

- Dates:** October 8th - December 14th, 2021
- YTT Leads:** Christine Kick, Valerie Lucas, Zac Armstrong
- Location:** Zoom/Canvas, with additional 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,
- 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/8555/535593>
 Payment Plan Registration Link: <https://www.clubready.com/JoinUs/8555/535594>
- For Questions:** kelly@yogasix.com

SESSION	DATE	SESSION	DATE
Weekend 1	Friday, October 8	Weekend 5	Friday, November 12
	Saturday, October 9		Saturday, November 13
	Sunday, October 10		Sunday, November 14
Weekend 2	Friday, October 15	Weekend 6	Friday, November 19
	Saturday, October 16		Saturday, November 20
	Sunday, October 17		Sunday, November 21
Weekend 3	Friday, October 22	Weekend 7	Friday, December 3
	Saturday, October 23		Saturday, December 4
	Sunday, October 24		Sunday, December 5
Weekend 4	Friday, November 5	Weekend 8	Friday, December 10
	Saturday, November 6		Saturday, December 11
	Sunday, November 7		Sunday, December 12

Meeting Times by Timezone					
Friday Sessions			Saturday & Sunday Sessions		
PST	MST	CST	PST	MST	CST
3:00pm - 6:30pm	4:00pm - 7:30pm	5:00pm - 8:30pm	8:00am - 3:00pm	9:00am - 4:00pm	10:00am - 5:00pm

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.