



80-Hour Virtual Sculpt Teacher Training Program

Dates: October 12, 2024 - November 17, 2024

Facilitator(s): YogaSix Master Trainers

Location: Zoom

Tuition: \$999; save \$200 before 7/31 (Save200) & save \$100 before 8/31 (100off)

Includes: Tuition includes comprehensive manual and 1 month of unlimited yoga at your local YogaSix. All components of this program listed below must be taken together.

Topics: Topics covered include (but not limited to): Yoga Foundations, Anatomy, Teaching Methodology, Class Design & Intelligent Sequencing, Movement Labs, Progressions & Regressions, Embodiment of a Teacher, and MORE

Additional Requirements: In addition to live sessions, for full certification, students are required to take, observe, or assist a total of 10 Sculpt & Flow classes at local YogaSix and pass a final exam.

For Questions: teachertraining@yogasix.com

Schedule			
Session	Date	Time	Required Reading (Approx. \$25)
Weekend 1	Saturday, October 12	Pacific: 9am - 4:30pm Mountain: 10am - 5:30pm Central: 11am - 6:30pm Eastern: 12pm - 7:30pm	Anatomy for Strength & Fitness Training by Mark Vella
	Sunday, October 13		Recommended Supplies
Weekend 2	Saturday, October 19		Weights, resistance bands, 2 yoga blocks. Discounts available for Sculpt TT enrollees at YogaSix.
	Sunday, October 20		Attendance Policy
Weekend 3	Saturday, October 26		Enrollees may miss up to 2 sessions over the course of the program. Make-up hours and fees will apply to cover missed content and time.
	Sunday, October 27		
Weekend 4	Saturday, November 9		
	Sunday, November 10		
Weekend 5	Saturday, November 16		
	Sunday, November 17		