



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

- Dates:** Friday September 9th, 2022 - Sunday, November 6th, 2022
- YTT Leads:** Christiane Popperwell
- Location:** Part One: YogaSix Burke (5765-U, Burke Centre Pkwy, Burke, VA 22015)
Part Two: YogaSix Ashburn (44185 Ashbrook Marketplace Plaza Suite 110, Ashburn, VA 20147)
- Tuition:** \$2750 paid-in-full Early Bird rate by August 23rd. \$3,000 if registering after August 23rd or electing to utilize a Payment Plan
\$200 Discount with Current Student I.D, Active Duty Military, Senior 65+
- Includes:** Tuition includes comprehensive manual and 3 months of unlimited yoga at YogaSix Burke & YogaSix Ashburn. 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 sessions, for full certification, students are required to take, observe, or assist 40 yoga classes at local YogaSix, complete assigned home study assignments, and a final exam.
- Registration Links:** Pay in Full: <https://www.clubready.com/JoinUs/10404/510804>
2 Monthly Payments: <https://www.clubready.com/JoinUs/10404/510805>
3 Monthly Payments: <https://www.clubready.com/JoinUs/10404/510806>
- For Questions or Early Bird Discount:** Call/text Lead Teacher Christiane at 646-339-4918

Schedule

SESSION	DATE	SESSION	DATE
Immersion 1 (YogaSix Burke)	Friday, September 9th - 6:00pm - 9:30pm	Immersion 2 (YogaSix Ashburn)	Friday, October 14th - 6:00pm - 9:30pm
	Saturday, September 10th - 12:30pm - 7:00pm		Saturday, October 15th - 12:30pm - 7:00pm
	Sunday, September 11th - 11:00am - 5:30pm		Sunday, October 16th - 11:00am - 5:30pm
	Tuesday, September 13th - 6:00pm - 9:30pm		Tuesday, October 18th - 6:00pm - 9:30pm
	Wednesday, September 14th - 10:00am - 4:30pm		Wednesday, October 19th - 10:00am - 4:30pm
	Thursday, September 15th - 10:00am - 4:30pm		Thursday, October 20th - 10:00pm - 4:30pm
	Friday, September 16th - 6:00pm - 9:30pm		Friday, October 21st - 6:00pm - 9:30pm
	Saturday, September 17th - 12:30pm - 7:00pm		Saturday, October 22nd - 12:30pm - 7:00pm
	Sunday, September 18th - 11:00am - 5:30pm		Sunday, October 23rd - 11:00am - 5:30pm
Weekend 1 (YogaSix Burke)	Friday, September 30th - 6:00pm - 9:30pm	Weekend 2 (YogaSix Ashburn)	Friday, November 4th - 6:00pm - 9:30pm
	Saturday, October 1st - 12:30pm - 7:00pm		Saturday, November 5th - 12:30pm - 7:00pm
	Sunday, October 2nd - 11:00am - 5:30pm		Sunday, November 6th - 11:00am - 5:30pm

Required Reading (Approx. \$50)

1. The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar
2. 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.

Attendance Policy

Enrollees may miss up to 3 sessions over the course of the program. Make-up hours and fees will apply to cover missed content and time.

Space is limited in this incredible Yoga Alliance approved program.