



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

- Dates:** September 16, 2022 - December 4, 2022
- YTT Leads:** Valerie Meyer & Ashley Orzechowski
- Location:** YogaSix Centennial
- 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 Centennial. 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/9480/510804>
2 Monthly Payments: <https://www.clubready.com/JoinUs/9480/510805>
3 Monthly Payments: <https://www.clubready.com/JoinUs/9480/510806>
- For Questions or Early Bird Discount:** Ashley Renee/720-468-4430/centennialgm@yogasix.com

Schedule

SESSION	DATE	SESSION	DATE
Weekend 1	Friday September, 16	Weekend 5	Friday October, 28
	Saturday September, 17		Saturday October, 29
	Sunday September, 18		Sunday October, 30
Weekend 2 (practice teach 1)	Friday September, 23	Weekend 6 (practice teach 3)	Friday, November 11
	Saturday September, 24		Saturday, November 12
	Sunday September, 25		Sunday, November 13
Weekend 3	Friday October, 7	Weekend 7	Friday November, 18
	Saturday October, 8		Saturday November, 19
	Sunday October, 9		Sunday November, 20
Weekend 4 (practice teach 2)	Friday October, 14	Weekend 8 (practice teach 4)	Friday December, 2
	Saturday October, 15		Saturday December, 3
	Sunday October, 16		Sunday December, 4

Meeting Times by Day

Friday Sessions	Saturday Sessions	Sunday Sessions
6:00 pm - 9:00pm	12:00 pm - 6:30 pm	11:00 am - 6:30 pm

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.