



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

- Dates:** September 9, 2022 through December 11, 2022
- YTT Leads:** Steph Zavala & Lacey Schmidt
- Location:** YogaSix Collegeville; 222 East Main St, Collegeville, PA 19426
- 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 Collegeville. All components of this program listed below must be taken together. No refunds, reimbursements or partial credit.
- 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/11281/510804>
2 Monthly Payments: <https://www.clubready.com/JoinUs/11281/510805>
3 Monthly Payments: <https://www.clubready.com/JoinUs/11281/510806>
- For Questions or Early Bird Discount:** Email Lead teacher, Steph Zavala, at collegevilleleadteacher@yogasix.com or Facilitator, Lacey Schmidt, at lacey.schmidt@yogasix.com

Schedule

SESSION	DATE	SESSION	DATE
Weekend 1	Friday, September 9	Weekend 5	Friday, November 4
	Saturday, September 10		Saturday, November 5
	Sunday, September 11		Sunday, November 6
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, September 31	Weekend 7	Friday, December 2
	Saturday, October 1		Saturday, December 3
	Sunday, October 2		Sunday, December 4
Weekend 4 (practice teach 2)	Friday, October 21	Weekend 8 (practice teach 4)	Friday, December 9
	Saturday, October 22		Saturday, December 10
	Sunday, October 23		Sunday, December 11

Meeting Times by Day

Friday Sessions	Saturday Sessions	Sunday Sessions
5:30 pm - 9:00 pm	12:00 pm - 7:00 pm	1:30 pm - 7:30 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.