



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

- Dates:** September 9th-December 18th, 2022
- YTT Leads:** Savannah Willey and Amelia Groves
- Location:** YogaSix West Vancouver & YogaSix Lake Oswego (four weekends each)
- 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 Lake Oswego & YogaSix West Vancouver. 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/11154/510804>
2 Monthly Payments: <https://www.clubready.com/JoinUs/11154/510805>
3 Monthly Payments: <https://www.clubready.com/JoinUs/11154/510806>
- For Questions or Early Bird Discount:** Call/text General Manger Katya 503 819 4903 Email kortega@yogasix.com

Schedule

SESSION	DATE	SESSION	DATE
Weekend 1 Lake Oswego	Friday, September 9th	Weekend 5 Lake Oswego	Friday, November 4th
	Saturday, Septmeber 10th		Saturday, November 5th
	Sunday, September 11th		Sunday, November 6th
Weekend 2 West Vancouver	Friday, September 23rd	Weekend 6 West Vancouver	Friday November, 18
	Saturday, September 24th		Saturday, November 19th
	Sunday, September 25th		Sunday, November 20th
Weekend 3 Lake Oswego	Friday, October 7th	Weekend 7 Lake Oswego	Friday, December 2nd
	Saturday, October 8th		Saturday, December 3rd
	Sunday, October 9th		Sunday, December 4th
Weekend 4 West Vancouver	Friday, October 21st	Weekend 8 West Vancouver	Friday, December 16th
	Saturday, October 22nd		Saturday, December 17th
	Sunday, October 23rd		Sunday, December 18th

Meeting Times by Day

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

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.