



# 200 Hour Registered Vinyasa Teacher Training Program



## Eight Transformative Weekends over Three Months

- Dates:** September 30, 2022 - December 4, 2022
- YTT Leads:** Nicole Kowalski and Carla Odegaard
- Location:** YogaSix Lake Pleasant; 24737 N Lake Pleasant Pkwy Suite 104, Peoria, AZ 85383
- Tuition:** \$2750 paid-in-full Early Bird rate by September 8th. \$3,000 if registering after September 8th 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 Pleasant. 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/11452/510804>  
2 Monthly Payments: <https://www.clubready.com/JoinUs/11452/510805>  
3 Monthly Payments: <https://www.clubready.com/JoinUs/11452/510806>
- For Questions or Early Bird Discount:** Call/text Lead Teacher Nicole Kowalski at 623-254-7277, or General Manager Tami Aspettia-Mastriona at 623-254-7277.

### Schedule

SESSION	DATE	SESSION	DATE
Weekend 1	Friday, September 30	Weekend 5	Friday, November 4
	Saturday, October 1		Saturday, November 5
	Sunday, October 2		Sunday, November 6
Weekend 2 (practice teach 1)	Friday, October 7	Weekend 6 (practice teach 3)	Friday, November 11
	Saturday, October 8		Saturday, November 12
	Sunday, October 9		Sunday, November 13
Weekend 3	Friday, October 14	Weekend 7	Friday, November 18
	Saturday, October 15		Saturday, November 19
	Sunday, October 16		Sunday, November 20
Weekend 4 (practice teach 2)	Friday, October 21	Weekend 8 (practice teach 4)	Friday, December 2
	Saturday, October 22		Saturday, December 3
	Sunday, October 23		Sunday, December 4

### Meeting Times by Day

Friday Sessions	Saturday Sessions	Sunday Sessions
6:00 pm - 9:30 pm	1:30 pm - 8:00p	1:30 pm - 8:00p

### 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.