



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

- Dates:** September 23, 2022 - December 11, 2022
- YTT Leads:** Zsofia Campion
- Location:** YogaSix Mountain View, 555 San Antonio Rd, Suite 37, Mountain View, CA 94040
- 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 Mountain View. 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/9529/510804>
2 Monthly Payments: <https://www.clubready.com/JoinUs/9529/510805>
3 Monthly Payments: <https://www.clubready.com/JoinUs/9529/510806>
- For Questions or Early Bird Discount:** For questions, early-bird discounts, or longer payment plan options, email Zsofia at zsofiacampion@yogasix.com

Schedule

| SESSION | DATE | SESSION | DATE |
|---------------------------------|------------------------|---------------------------------|-----------------------|
| Weekend 1 | Friday, September 23 | Weekend 5 | Friday, November 4 |
| | Saturday, September 24 | | Saturday, November 5 |
| | Sunday, September 25 | | Sunday, November 6 |
| Weekend 2 (practice teach 1) | Friday, September 30 | Weekend 6 (practice teach 3) | Friday, November 11 |
| | Saturday, October 1 | | Saturday, November 12 |
| | Sunday, October 2 | | Sunday, November 13 |
| Weekend 3 | Friday, October 14 | Weekend 7 | Friday, December 2 |
| | Saturday, October 15 | | Saturday, December 3 |
| | Sunday, October 16 | | 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 |
|--------------------|-------------------|-------------------|
| 7:00 pm - 10:30 pm | 1:30 pm - 8:00 pm | 10:30 am - 5:00pm |

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.