



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Four Months

- Dates:** October 14, 2022 - Feb 5, 2023
- YTT Leads:** Megan Johnson and Kelly Wilson
- Location:** YogaSix Overland Park, 6555 W 119th St, Overland Park, KS 66209
- Tuition:** \$2700 paid-in-full by September 1st; \$2900 after September 1st. Payment Plans Available at Full Price.
\$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 Overland Park. 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.
- Tuition Options:** Pay in Full Registration Link: <https://www.clubready.com/JoinUs/9503/513503>
Payment Plan Registration Link: <https://www.clubready.com/JoinUs/9503/513504>
- For Questions or Early Bird Discount:** Call/text Chantel Mosher, General Manager, at 913-660-9230.

Schedule

SESSION	DATE	SESSION	DATE
Weekend 1	Friday, October 14	Weekend 5	Friday, December 16
	Saturday, October 15		Saturday, December 17
	Sunday, October 16		Sunday, December 18
Weekend 2	Friday, November 4	Weekend 6	Friday, January 6
	Saturday, November 5		Saturday, January 7
	Sunday, November 6		Sunday, January 8
Weekend 3	Friday, November 18	Weekend 7	Friday, January 20
	Saturday, November 19		Saturday, January 21
	Sunday, November 20		Sunday, January 22
Weekend 4	Friday, December 2	Weekend 8	Friday, February 3
	Saturday, December 3		Saturday, February 4
	Saturday, December 4		Sunday, February 5

Meeting Times by Day

Friday Sessions	Saturday Sessions	Sunday Sessions
5:30PM - 9:30PM	1:00PM - 8:00PM	11:30AM - 6:00PM

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 Overland Park.

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.