



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

Dates:	September 23, 2022 - December 11, 2022
YTT Leads:	Alex Farrar & Ann Marie Lain
Location:	YogaSix Reno Northwest - 1610 Robb Dr, Ste D1, Reno, NV 89532
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 Reno Northwest. 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/11657/510804 2 Monthly Payments: https://www.clubready.com/JoinUs/11657/510805 3 Monthly Payments: https://www.clubready.com/JoinUs/11657/510806
For Questions or Early Bird Discount:	For questions, Early Bird Discounts, or Longer Payment Plan options, email Lead Teacher Annie Lain at renonorthwestleadteacher@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
5:30 pm - 9:00pm	12:00 pm - 7:00 pm	12:00 pm - 7:00 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.
