



# 200 Hour Registered Vinyasa Teacher Training Program



## Eight Transformative Weekends over Three Months

**Dates:** September 16, 2022 - December 11, 2022  
**YTT Leads:** Rachel Nunez & Annalise Lundeen  
**Location:** YogaSix South Burlington 57 Fayette Drive, Ste 1, South Burlington, VT 05403  
**Tuition:** \$2750 paid-in-full by August 23rd, \$3,000 after August 23rd. 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 South Burlington. 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 36 yoga classes at local YogaSix, 4 yoga classes outside of YogaSix, complete assigned home study assignments, and a final exam.  
**Tuition Options:** Pay in Full Registration Link: <https://www.clubready.com/JoinUs/10395/542230>  
 Payment Plan - 2 Payments: <https://www.clubready.com/JoinUs/10395/510805>  
 Payment Plan - 3 Payments: <https://www.clubready.com/JoinUs/10395/510806>  
**For Questions or Early Bird Discount:** Call/text General Manager Lynley Myers at 802 872 1157 with questions, or for extended payment plan options.

Schedule			
SESSION	DATE	SESSION	DATE
Weekend 1	Friday, September 16	Weekend 5	Friday, November 4
	Saturday, September 17		Saturday, November 5
	Sunday, September 18		Sunday, November 6
Weekend 2	Friday, September 23	Weekend 6	Friday, November 11
	Saturday, September 24		Saturday, November 12
	Sunday, September 25		Sunday, November 13
Weekend 3	Friday, September 30	Weekend 7	Friday, December 2
	Saturday, October 1		Saturday, December 3
	Sunday, October 2		Sunday, December 4
Weekend 4	Friday, October 21	Weekend 8	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
6:00 pm - 9:30 pm	11:00 am - 5:30 pm	11:00 am - 5:30 pm

### Required Reading (Approx. \$50)

1. The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar
2. Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga by Danny Arguetty
3. 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.