



# 200 Hour Registered Vinyasa Teacher Training Program



## Eight Transformative Weekends over Three Months

- Dates:** September 16, 2022 - November 20, 2022
- YTT Leads:** Emily Jenkins & Chong Schwartz
- Location:** YogaSix West Des Moines; 140 Jordan Creek Pkwy Suite 130, West Des Moines, IA 50266
- 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 West Des Moines & Ankeny. 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/9447/510804>  
2 Monthly Payments: <https://www.clubready.com/JoinUs/9447/510805>  
3 Monthly Payments: <https://www.clubready.com/JoinUs/9447/510806>
- For Questions or Early Bird Discount:** Email Emily Jenkins at [ejenkins@yogasix.com](mailto:ejenkins@yogasix.com).

### Schedule

SESSION	DATE	SESSION	DATE
Weekend 1	Friday, September 16	Weekend 5	Friday, October 21
	Saturday, September 17		Saturday, October 22
	Sunday, September 18		Sunday, October 23
Weekend 2 (practice teach 1)	Friday, September 23	Weekend 6 (practice teach 3)	Friday, October 28
	Saturday, September 24		Saturday, October 29
	Sunday, September 25		Sunday, October 30
Weekend 3	Friday, September 30	Weekend 7	Friday, November 11
	Saturday, October 1		Saturday, November 12
	Sunday, October 2		Sunday, November 13
Weekend 4 (practice teach 2)	Friday, October 14	Weekend 8 (practice teach 4)	Friday, November 18
	Saturday, October 15		Saturday, November 19
	Sunday, October 16		Sunday, November 20

### Meeting Times by Day

Friday Sessions	Saturday Sessions	Sunday Sessions
5:00 pm - 9:00 pm	12:00 pm - 7:00pm	1:00 pm - 7:00pm

### 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.