



80-Hour Virtual Sculpt Teacher Training Program

- Dates:** June 8, 2024 - July 28, 2024
- Facilitator(s):** Y6 Master Trainers Ansley Davis & Nicole Wood
- Location:** Zoom
- Tuition:** \$999; save \$200 before 3/31 (Save200) & save \$100 before 4/30 (100off)
- Includes:** Tuition includes comprehensive manual and 1 month of unlimited yoga at your local YogaSix. All components of this program listed below must be taken together.
- Topics:** Topics covered include (but not limited to): Yoga Foundations, Anatomy, Teaching Methodology, Class Design & Intelligent Sequencing, Movement Labs, Progressions & Regressions, Embodiment of a Teacher, and MORE
- Additional Requirements:** In addition to live sessions, for full certification, students are required to take, observe, or assist a total of 10 Sculpt & Flow classes at local YogaSix and pass a final exam.
- For Questions:** adavis@yogasix.com or nwood@yogasix.com

Schedule							
Session	Date	Time	Required Reading (Approx. \$25)				
Weekend 1	Saturday, June 8	Pacific: 9am - 4:30pm Mountain: 10am - 5:30pm Central: 11am - 6:30pm Eastern: 12pm - 7:30pm	Anatomy for Strength & Fitness Training by Mark Vella				
	Sunday, June 9		Recommended Supplies				
Weekend 2	Saturday, June 22		Pacific: 9am - 4:30pm Mountain: 10am - 5:30pm Central: 11am - 6:30pm Eastern: 12pm - 7:30pm	Weights, resistance bands, 2 yoga blocks. Discounts available for Sculpt TT enrollees at YogaSix.			
	Sunday, June 23			Attendance Policy			
Weekend 3	Saturday, June 29			Pacific: 9am - 4:30pm Mountain: 10am - 5:30pm Central: 11am - 6:30pm Eastern: 12pm - 7:30pm	Enrollees may miss up to 2 sessions over the course of the program. Make-up hours and fees will apply to cover missed content and time.		
	Sunday, June 30						
Weekend 4	Saturday, July 13				Pacific: 9am - 4:30pm Mountain: 10am - 5:30pm Central: 11am - 6:30pm Eastern: 12pm - 7:30pm		
	Sunday, July 14						
Weekend 5	Saturday, July 27					Pacific: 9am - 4:30pm Mountain: 10am - 5:30pm Central: 11am - 6:30pm Eastern: 12pm - 7:30pm	
	Sunday, July 28						