



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

- Dates:** March 15, 2024 - June 23, 2024
- YTT Leads:** Janine Forte
- Location:** YogaSix Aventura: 18825 Biscayne Blvd, Aventura, FL 33180.
- Tuition:** \$2500 paid-in-full 60 days before program begins (PromoCode: Save500). \$2750 if paid-in-full 30 days before program begins (Promo Code: Save250). \$3,000 for Payment Plans or when registering within one month of start date.
\$200 Discount with Current Student or Faculty I.D, Active Duty Military, Senior 65+
- Includes:** Tuition includes comprehensive manual and 3 months of unlimited yoga at YogaSix Aventura. 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/9449/542230>
Payment Plan Registration Link: <https://www.clubready.com/JoinUs/9449/510806>
- For Questions or Early Bird Discount:** 786-657-2641

Schedule			
SESSION	DATE	SESSION	DATE
Weekend 1	Friday, March 15	Weekend 5	Friday, May 10
	Saturday, March 16		Saturday, May 11
	Sunday, March 17		Sunday, May 12
Weekend 2 (practice teach 1)	Friday, March 29	Weekend 6 (practice teach 3)	Friday, May 24
	Saturday, March 30		Saturday, May 25
	Sunday, March 31		Sunday, May 26
Weekend 3	Friday, April 12	Weekend 7	Friday, June 7
	Saturday, April 13		Saturday, June 8
	Sunday, April 14		Sunday, June 9
Weekend 4 (practice teach 2)	Friday, April 26	Weekend 8 (practice teach 4)	Friday, June 21
	Saturday, April 27		Saturday, June 22
	Sunday, April 28		Sunday, June 23

Meeting Times by Day		
Friday Sessions	Saturday Sessions	Sunday Sessions
4:00 pm - 7:30pm	1:00 pm - 8:00 pm	1:00 pm - 8:00 pm

Required Reading (Approx. \$50)

- The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar
- The Key Muscles of Yoga: Scientific Keys, Volume 1 by Ray Long

Have questions or are ready to register?
Book a private consultation here:

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.

