



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

Dates: April 12th, 2024 - June 23, 2024

YTT Leads: Heather Garcia

Location: YogaSix Chester, 210 Route 206 South, Chester, NJ 07930

Tuition: \$3200 paid-in-full 60 days before program begins (Save300). \$3300 if paid-in-full 30 days before program begins (Save200). \$3,500 for Payment Plans \$250 Discount with Current Student I.D., Active Duty Military, Senior 65+

Includes: Tuition includes comprehensive manual and 3 months of unlimited yoga at YogaSix Chester. 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/11552/542225>
 Payment Plan Registration Link (3x): <https://www.clubready.com/JoinUs/11552/540031>

For Questions or Early Bird Discount: Jill Arias (General Manager) - chestergrm@yogasix.com
 Heather Garcia (Facilitator) - chesterleadteacher@yogasix.com
 or call studio - 908-396-6868

Schedule			
SESSION	DATE	SESSION	DATE
Weekend 1	Friday, April 12	Weekend 5	Friday, May 17
	Saturday, April 13		Saturday, May 18
	Sunday, April 14		Sunday, May 19
Weekend 2 (practice teach 1)	Friday, April 19	Weekend 6 (practice teach 3)	Friday, May 31
	Saturday, April 20		Saturday, June 1
	Sunday, April 21		Sunday, June 2
Weekend 3	Friday, April 26	Weekend 7	Friday, June 7
	Saturday, April 27		Saturday, June 8
	Sunday, April 28		Sunday, June 9
Weekend 4 (practice teach 2)	Friday, May 3	Weekend 8 (practice teach 4)	Friday, June 21
	Saturday, May 4		Saturday, June 22
	Sunday, May 5		Sunday, June 23

Meeting Times by Day		
Friday Sessions	Saturday Sessions	Sunday Sessions
6:00 pm - 9:30pm	12:00 pm - 7:00 pm	12:00 pm - 7:00 pm

Required Reading (Approx. \$40)

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

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. Make-up hours and fees will apply to cover missed content and time.

Space is limited in this incredible Yoga Alliance approved program.