



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

- Dates:** March 8, 2024 - June 9, 2024
- YTT Leads:** Leslie Hughes
- Location:** YogaSix Long Beach 6226 E Pacific Coast Hwy, Long Beach CA 90803 YogaSix Cypress 5253 Katella Ave Unit 110 Cypress, CA 90720
- Tuition:** \$2500 paid-in-full 60 days before program begins. \$2750 if paid-in-full 30 days before program begins. \$3,000 for Payment Plans \$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 Long Beach or Cypress. 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/12440/542230>
Payment Plan Registration Link: <https://www.clubready.com/JoinUs/12440/510804>
- For Questions or Early Bird Discount:** Jency or Leslie, cypressgm@yogasix.com or longbeachleadteacher@yogasix.com 714-829-3194

Schedule

SESSION	DATE	SESSION	DATE
Weekend 1	Friday, March 8th	Weekend 5	Friday, May 3rd
	Saturday, March 9th		Saturday, May 4th
	Sunday, March 10th		Sunday, May 5th
Weekend 2 (practice teach 1)	Friday, March 22nd	Weekend 6 (practice teach 3)	Friday, May 17th
	Saturday, March 23rd		Saturday, May 18th
	Sunday, March 24th		Sunday, May 19th
Weekend 3	Friday, April 5th	Weekend 7	Friday, May 31st
	Saturday, April 6th		Saturday, June 1st
	Sunday, April 7th		Sunday, June 2nd
Weekend 4 (practice teach 2)	Friday, April 19th	Weekend 8 (practice teach 4)	Friday, June 7th
	Saturday, April 20th		Saturday, June 8th
	Sunday, April 21st		Sunday, June 9th

Meeting Times by Day

Friday Sessions	Saturday Sessions	Sunday Sessions
7:00 pm - 10:00pm	1:30 pm - 8:00 pm	1:30 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

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.