



200 Hour Registered Vinyasa Teacher Training Program



Six Transformative Weekends and 4 Weekdays September - Summer 2024

Dates: July 12, 2024 - August 25, 2024
YTT Leads: Nicole Vincent
Location: YogaSix North Carlsbad, 1850 Marron Road, Suite 106, Carlsbad, CA 92008
Early Bird Tuition: \$2500 if paid in full at least 2 months before the start date. \$2750 if paid in full at least 1 month before the start date.
Regular Tuition or Payment Plans: \$3,000 if registering within one month of the start date, or utilizing a payment plan. Payment plans can be split into 2, 3, 4 or 5 monthly payments. Final payment must be made before the start Weekend 8. For payment plans longer than 3 months, call/email studio.
Potential Discount: \$200 Discount with Current Student I.D, Active Duty Military, Senior 65+. Call/email studio to qualify.
Tuition Includes: Tuition includes comprehensive printed manual and 3 months of unlimited yoga at YogaSix North Carlsbad
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 your local YogaSix, complete assigned home study assignments, and a final exam. All components of this program listed below must be taken together.

Tuition Options: Pay in Full Registration Link: <https://www.clubready.com/JoinUs/9137/542230>
 3-Payment Plan Registration Link: <https://www.clubready.com/JoinUs/9137/510806>

For Questions or Early Bird Discounts: Email Nicole Vincent at nvincent@yogasix.com or call 442-500-2028

Schedule			
SESSION	DATE	SESSION	DATE
Weekend 1	Friday, July 12	Weekend 4	Friday, August 9
	Saturday, July 13		Saturday, August 10
	Sunday, July 14		Sunday, August 11
Immersion Week 1 (practice teach 1)	Tuesday, July 16	Immersion Week 2 (practice teach 3)	Tuesday, August 13
	Wednesday, July 17		Wednesday, August 14
	Thursday, July 18		Thursday, August 15
Weekend 2	Friday, July 19	Weekend 5	Friday, August 16
	Saturday, July 20		Saturday, August 17
	Sunday, July 21		Sunday, August 18
Weekend 3 (practice teach 2)	Friday, July 26	Weekend 6 (practice teach 4)	Friday, August 23
	Saturday, July 27		Saturday, August 24
	Sunday, July 28		Sunday, August 25

Meeting Times by Day						
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
OFF	6:00pm - 9:30pm	10:00am - 5:00pm	10:00am - 5:00pm	6:00pm-9:30pm	12:00pm - 7:00pm	12:00pm - 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.