



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

- Dates:** May 17, 2024 - August 25, 2024
- YTT Leads:** Amber Webster
- Location:** 6474 Avondale Dr, Nichols Hills, OK 73116
- Tuition:** \$2,500 paid-in-full 60 days before program begins (PromoCode: Save500). \$2,750 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 I.D, Active Duty Military, Senior 65+
- Includes:** Tuition includes comprehensive manual and 3 months of unlimited yoga at YogaSix Nichols Hills after weekend 2 has commenced.. 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/11598/542230>
Payment Plan Registration Link: <https://www.clubready.com/JoinUs/11598/510806>
- For Questions or Early Bird Discount:** Email nicholshillsleadteacher@yogasix.com

Schedule			
SESSION	DATE	SESSION	DATE
Weekend 1	Friday, May 17	Weekend 5	Friday, July 12
	Saturday, May 18		Saturday, July 13
	Sunday, May 19		Sunday, July 14
Weekend 2 (practice teach 1)	Friday, May 31	Weekend 6 (practice teach 3)	Friday, July 26
	Saturday, June 1		Saturday, July 27
	Sunday, June 2		Sunday, July 28
Weekend 3	Friday, June 14	Weekend 7	Friday, August 9
	Saturday, June 15		Saturday, August 10
	Sunday, June 16		Sunday, August 11
Weekend 4 (practice teach 2)	Friday, June 28	Weekend 8 (practice teach 4)	Friday, August 23
	Saturday, June 29		Saturday, August 24
	Sunday, June 30		Sunday, August 25

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

Required Reading (Approx. \$40)

- 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.

