



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Three Months

- Dates:** March 15, 2024 - June 2, 2024
- YTT Leads():** Nadia Satiago & Diana Victa
- Location:** YogaSix Santa Clara: 2090 El Camino Real, Santa Clara, CA 95050
- 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 a comprehensive manual and 3 months of unlimited yoga at YogaSix Santa Clara 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/10443/542230>
Payment Plan Registration Link: <https://www.clubready.com/JoinUs/10443/510806>
- For Questions or Early Bird Discount:** Milan ghatak, Milan.Ghatak@yogasix.com

Schedule			
SESSION	DATE	SESSION	DATE
Weekend 1	Friday, March 15	Weekend 5	Friday, April 26
	Saturday, March 16		Saturday, April 27
	Sunday, March 17		Sunday, April 28
Weekend 2 (practice teach 1)	Friday, March 22	Weekend 6 (practice teach 3)	Friday, May 3
	Saturday, March 23		Saturday, May 4
	Sunday, March 24		Sunday, May 5
Weekend 3	Friday, April 5	Weekend 7	Friday, May 17
	Saturday, April 6		Saturday, May 18
	Sunday, April 7		Sunday, May 19
Weekend 4 (practice teach 2)	Friday, April 12	Weekend 8 (practice teach 4)	Friday, May 31
	Saturday, April 13		Saturday, June 1
	Sunday, April 14		Sunday, June 2

Meeting Times by Day		
Wednesday Sessions	Saturday Sessions	Sunday Sessions
6:00 pm - 9:30 pm	12:00 pm - 6:30 pm	11:15 am - 5:45 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.