



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends over Five Months

- Dates:** April 19, 2024 - August 11, 2024
- YTT Leads:** Ashley McCarthy & MacKenzie Hicks
- Location:** YogaSix Nokomis: 1624 E 66th St, Richfield, MN 55423
- Tuition:** \$2500 paid-in-full 60 days before program begins (PromoCode: Save500). \$2750 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 Nokomis 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/9479/542230>
Payment Plan Registration Link: <https://www.clubready.com/JoinUs/9479/510806>
- For Questions or Early Bird Discount:** Email NokomisGM@YogaSix.Com

Schedule			
SESSION	DATE	SESSION	DATE
Weekend 1	Friday, April 19	Weekend 5	Friday, June 21
	Saturday, April 20		Saturday, June 22
	Sunday, April 21		Sunday, June 23
Weekend 2 (practice teach 1)	Friday, May 3	Weekend 6 (practice teach 3)	Friday, July 12
	Saturday, May 4		Saturday, July 13
	Sunday, May 5		Sunday, July 14
Weekend 3	Friday, May 17	Weekend 7	Friday, July 26
	Saturday, May 18		Saturday, July 27
	Sunday, May 19		Sunday, July 28
Weekend 4 (practice teach 2)	Friday, June 7	Weekend 8 (practice teach 4)	Friday, August 9
	Saturday, June 8		Saturday, August 10
	Sunday, June 9		Sunday, August 11

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

