

200hr Yoga Teacher Training Program

Intensive Format



Dates: September 15th - November 19th, 2016

YTT Staff: Angie Starz, Jenna Reddington, Anna Argeropoulos

Location: Gold Coast Studio

Contact: teachertrainingCHI@yogasix.com

Tuition: \$2750 paid-in-full by August 15th, \$3000 after August 15th, 2016, Payment Plans Available at Full Price

Student: \$200 Discount with Current Student I.D, Active Duty Military, Senior 65+ (*off full price*)

*Tuition includes 3 months of unlimited yoga at all Y6 locations beginning September 15th, 2016. All components of this program listed below must be taken together.

Week	Date	Day	Begin	End	Topic
Part 1 Immersion	Sept 15th	Friday	6:00PM	10:00PM	Welcome - The Journey Begins
	Sept 16th	Saturday	9:00AM	6:00PM	History of Yoga & Philosophy
	Sept 17th	Sunday	9:00AM	5:00PM	Teaching Methodology
	Sept 18th	Monday	OFF		OFF
	Sept 19th	Tuesday	6:00PM	10:00PM	Philosophy Continued
	Sept 20th	Wednesday	9:00AM	6:00PM	Pranayama & Assisting
	Sept 21st	Thursday	9:00AM	5:00PM	Posture Clinic & Teaching Prep
	Sept 22nd	Friday	6:00PM	10:00PM	Journey into the Chakras
	Sept 23rd	Saturday	9:00AM	6:00PM	Posture Clinic & Teaching Prep
	Sept 24th	Sunday	9:00AM	5:00PM	PT1 - Integration & Closing
Weekend	Oct 20th	Friday	5:00PM	10:00PM	Practice Teach 2
	Oct 21st	Saturday	9:00AM	6:00PM	Anatomy
	Oct 22nd	Sunday	9:00AM	5:00PM	Anatomy
Part 2 Immersion	Nov 10th	Friday	6:00PM	10:00PM	Meditation Techniques
	Nov 11th	Saturday	9:00AM	6:00PM	Posture Clinic and Teaching Prep
	Nov 12th	Sunday	9:00AM	5:00PM	Posture Clinic and Teaching Prep
	Nov 13th	Monday	OFF		OFF
	Nov 14th	Tuesday	6:00PM	10:00PM	Kosha Exploration
	Nov 15th	Wednesday	9:00AM	6:00PM	Posture Clinic and Teaching Prep
	Nov 16th	Thursday	9:00AM	5:00PM	Practice Teach 3
	Nov 17th	Friday	6:00PM	10:00PM	Chakra Exploration
	Nov 18th	Saturday	9:00AM	6:00PM	Ethics & the Business of Yoga
	Nov 19th	Sunday	9:00AM	5:00PM	Final Wrap Up & Celebration

**In addition students are required to take or observe 27 yoga classes and assist 10 classes throughout the program.*

Required Reading (Approx \$60)

1. The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar
2. Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga by Danny Arguettey
3. The Anatomy of Exercise and Movement by JoAnn Staugaard-Jones
4. Stargirl by Jerry Spinelli