

200hr Yoga Teacher Training Program



Dates: October 20th - December 10th, 2017

YTT Lead: Brad Elpers, Jessica Schifman

Location: Yoga Six Leawood/Kansas City

Contact: TeacherTrainingKC@YogaSix.com

Tuition: \$2250 paid-in-full by September 20th, \$2500 after September 20th. Payment Plans Available at Full Price

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

*Tuition includes 3 months of unlimited yoga at all Y6 locations beginning October 20th, 2017

Week	Date	Day	Begin	End	Topic
Part 1 Immersion	Oct 20th	Friday	6:00PM	10:00PM	Welcome - The Journey Begins
	Oct 21st	Saturday	9:00AM	6:00PM	History of Yoga & Philosophy
	Oct 22nd	Sunday	9:00AM	5:00PM	Teaching Methodology
	Oct 23rd	Monday	OFF		OFF
	Oct 24th	Tuesday	6:00PM	10:00PM	Philosophy Continued
	Oct 25th	Wednesday	9:00AM	6:00PM	Pranayama & Assisting
	Oct 26th	Thursday	9:00AM	5:00PM	Posture Clinic & Teaching Prep
	Oct 27th	Friday	6:00PM	10:00PM	Journey into the Chakras
	Oct 28th	Saturday	9:00AM	6:00PM	Posture Clinic & Teaching Prep
	Oct 29th	Sunday	9:00AM	5:00PM	PT1 - Integration & Closing
Weekend	Nov 10th	Friday	5:00PM	10:00PM	Practice Teach 2
	Nov 11th	Saturday	9:00AM	6:00PM	Anatomy
	Nov 12th	Sunday	9:00AM	5:00PM	Anatomy
Part 2 Immersion	Dec 1st	Friday	6:00PM	10:00PM	Meditation Techniques
	Dec 2nd	Saturday	9:00AM	6:00PM	Posture Clinic and Teaching Prep
	Dec 3rd	Sunday	9:00AM	5:00PM	Posture Clinic and Teaching Prep
	Dec 4th	Monday	OFF		OFF
	Dec 5th	Tuesday	6:00PM	10:00PM	Kosha Exploration
	Dec 6th	Wednesday	9:00AM	6:00PM	Posture Clinic and Teaching Prep
	Dec 7th	Thursday	9:00AM	5:00PM	Practice Teach 3
	Dec 8th	Friday	6:00PM	10:00PM	Chakra Exploration
	Dec 9th	Saturday	9:00AM	6:00PM	Ethics & the Business of Yoga
	Dec 10th	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