

200hr Yoga Teacher Training Program



Dates: September 28th - December 10th, 2017
YTT Staff: Anna Argeropoulos, Angie Starz
Location: Yoga Six Milwaukee
Contact: TeacherTrainingMKE@YogaSix.com
Tuition: \$2250 paid-in-full by August 28th, \$2500 after August 28th. 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 Sept 28th, 2017

Week	Date	Day	Begin	End	Topic
Week 1	Sept 28th	Thursday	6:00PM	10:00PM	Welcome - The Journey Begins
	Sept 29th	Friday	12:30PM	7:00PM	History of Yoga & Philosophy
	Sept 30th	Saturday	12:30PM	7:00PM	Maps of Yoga
	Oct 1st	Sunday	12:00PM	6:30PM	Pranayama & Posture Clinic
Week 2	Oct 6th	Friday	6:00PM	10:00PM	Philosophy & Living Yoga
	Oct 7th	Saturday	12:30PM	7:00PM	Teaching Methodology
	Oct 8th	Sunday	12:00PM	6:30PM	Posture Clinic
Week 3	Oct 13th	Friday	6:00PM	10:00PM	The Art of Assisting
	Oct 14th	Saturday	12:30PM	7:00PM	Posture Clinic
	Oct 15th	Sunday	12:00PM	6:30PM	Practice Teach 1
Week 4	Oct 27th	Friday	6:00PM	10:00PM	Teaching Skills in Action
	Oct 28th	Saturday	12:30PM	7:00PM	Anatomy Part 1
	Oct 29th	Sunday	12:00PM	6:30PM	Anatomy Part 2
Week 5	Nov 3rd	Friday	6:00PM	10:00PM	Meditation Techniques
	Nov 4th	Saturday	12:30PM	7:00PM	Posture Clinic
	Nov 5th	Sunday	12:00PM	6:30PM	Practice Teach 2
Week 6	Nov 10th	Friday	6:00PM	10:00PM	Sequencing Methodology
	Nov 11th	Saturday	12:30PM	7:00PM	Chakra Exploration
	Nov 12th	Sunday	12:00PM	6:30PM	Integration / Practice Teach Prep
Week 7	Dec 1st	Friday	6:00PM	10:00PM	Intro to the Chakras
	Dec 2nd	Saturday	12:30PM	7:00PM	Posture Clinic
	Dec 3rd	Sunday	12:00PM	6:30PM	Posture Clinic
Week 8	Dec 7th	Thursday	6:00PM	9:00 PM	Teaching Skills and Prep
	Dec 8th	Friday	12:30PM	7:00PM	Practice Teach 3
	Dec 9th	Saturday	12:30PM	7:00PM	Ethics & the Business of Yoga
	Dec 10th	Sunday	12:00PM	6:30PM	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 Arguetty
3. The Anatomy of Exercise and Movement by Jo Ann Stugaard-Jones
4. Stargirl by Jerry Spinelli