

# 200hr Yoga Teacher Training Program

*Intensive Format*



**Dates:** September 15th - November 19th, 2017

**Faculty:** Stephanie Kinney & Christine Kick

**Location:** Yoga Six Des Peres

**Contact:** [teachertrainingSTL@yogasix.com](mailto:teachertrainingSTL@yogasix.com)

**Tuition:** \$2250 paid-in-full by August 15th, \$2500 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, 2017. All components of this program listed below must be taken together.

Week	Date	Day	Begin	End	Topic
<b>Part 1</b> <b>Immersion</b>	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
<b>Weekend</b>	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
<b>Part 2</b> <b>Immersion</b>	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