



Downward Dog Yoga ॐ Fitness

200 hour Vinyasa Teacher Training

with Hannah Martin & Kelli Slocum

One weekend per month for 10 months ~ May 2017-March 2018

May 19 20 21/June 23 24 25/July 14 15 16/Aug 4 5 6/Sept 8 9 10

Oct 13 14 15/Dec 1 2 3/Jan 12 13 14/Feb 9 10 11/March 2 3 4

Based on the requirements by the Yoga Alliance, 180 contact hours will meet at Downward Dog Yoga in Coralville & 20 non-contact practicum hours will be completed on your own

18 hours each weekend will consist of the following times:

Fridays 5:30-8pm

Saturdays 10am-5:30pm

Sundays 9-5:30pm



Required by the Yoga Alliance the following areas will be covered:

Techniques, Training & Practice - 100 hours

Teaching Methodology - 25 hours

Anatomy & Physiology - 20 hours

Yoga Philosophy, Lifestyle & Ethics for Yoga Teachers - 30 hours

Practicum - 5 hours practice teaching & Elective - 20 hours

Cost for the 200 hour Teacher Training is \$3000

Once your training is complete, you are eligible to register with Yoga Alliance as a 200 Hour Registered Yoga Teacher (RYT)

Early Bird Discount Rate: Register and pay in full by April 1, 2017 \$2800

Register after April 1st and pay in full, \$3000

If you are interested in making payments for your teacher training, a \$500 deposit is required by April 1st & payments of \$280 are due on the Friday of each training month May 2017 - March 2018

All registrations for teacher training are non-refundable, if you are unable to attend a weekend session or complete the entire training, you can make-up that session/sessions during our TBD 'make-up' weekend

For questions or more information: info@downwarddog-yoga.com

