



Downward Dog Yoga ॐ Fitness

200 hour Vinyasa Teacher Training

with Hannah Martin & Kelli Slocum

One weekend per month for 10 months ~ June 2018-March 2019

Dates: June 1 2 3/July 13 14 15/Aug 17 18 19/Sept 14 15 16/Oct 12 13 14

Nov 2 3 4/Dec 7 8 9/Jan 18 19 20/Feb 8 9 10/Mar 1 2 3

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-5:00pm

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, 2018 \$2850

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 \$285 are due on the Friday of each training month June 2018 - March 2019

All registrations for teacher training are non-refundable

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

