



Downward Dog Yoga ॐ Fitness

## 200 hour Vinyasa Teacher Training

with Hannah Martin & Kelli Slocum

One weekend per month for 10 months ~ May 2019-March 2020

Dates: May 17 18 19/June 21 22 23/July 19 20 21/Aug 16 17 18/Sept 27 28 29

Oct 18 19 20/Dec 6 7 8/Jan 24 2 26/Feb 21 22 23/Mar 6 7 8

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, 2019 \$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 May 2019 - March 2020

All registrations for teacher training are non-refundable

For questions or more information: [info@downwarddog-yoga.com](mailto:info@downwarddog-yoga.com)

