

## **Nov - Jan 2025/2026 200HR YTT Itinerary & Schedule**

**\*Anatomy & Physiology 30HRS**

**Energy Systems & Kinesiology 15HRS**

**Yoga Philosophy & History & Ethics 15HRS**

**Pranayama & Meditation 5HRS**

**\*Yoga Practice 30HRS (30 hours of classes to be taken)**

**Group Adventure Classes 5HRS**

**Yoga Styles 15HRS**

- Vinyasa
- Yin
- Restorative
- Hatha
- And more

**\*Self Study 20HRS**

- Reading + 2 Written Papers
- Journaling
- Mediation

**Teaching 60HRS**

- Cues
- Authenticity
- Sequencing
- Music
- Alignment
- Modifications
- Benefits
- Breath
- Etc.

**Practicum/Test & Teach-out 5HRS**

**\*Denotes work done at home and/or on your own time.**

## Schedule

Oct 1st —————> Dec 31st Anatomy & Physiology (Home Study)

Oct 1st —————> Dec 31st **30 Classes to be taken\*\***

Oct 1st —————> Dec 31st Self Study Work (Home Study)

Sat Nov 1 7AM - 5PM

Sun Nov 2 7AM - 10AM

Sat Nov 8 7AM - 5PM

Wed Nov 12 4:30 PM - 7:30PM

Sat Nov 22 7AM - 5PM

Sun Nov 23 7AM - Noon

Sat Dec 6 7AM - 5PM

Sun Dec 7 7AM - 5PM

Wed Dec 10. 4:30PM - 7:30PM

Sat Dec 20 7AM - 5PM

Sat Jan 3 7AM - 5PM

Wed Jan 7 4:30PM - 7:30PM

Sat Jan 10 7AM - 5PM

Wed Jan 14 4:30PM - 7:30PM

Sat Jan 17 7AM - Noon

Jan 18th - 31st One-on-ones & Teach-outs

One-on-One Scheduling w/Katelyn Jan 18th - 31st for 1-2hr help with final teach out prep.

**\*\*30 classes must be taken. 20 classes must be taken at LIFE studios.** 10 classes can be a mixture of other studios and online, please keep track of your hours at other studios/online classes. (all 30 classes CAN be taken at LIFE. The option for online/ other studios is up to you!)

Investment: **\$2500**

Payment Plans available. I'd like to shy away from trades, but at the end of the day I want you to be able to do this so we can work something out. Do not let money deter you from knowledge, experience, and something you will have lifelong. There is always a way - let's make it happen.

Certification: **200hr Yoga Teacher - 200YT**

This will not be an affiliated program with Yoga Alliance. Yoga Alliance is a made up foundation that pretends to be a governing body of yoga in the USA. They offer made up "certifications" like "Registered Yoga Teacher = RYT". This just means you have paid them to be a part of the foundation. They offer no true value but sell this idea that they are some sort of governance and overseeing body of authority — which ultimately is not true.

The truth is, there is no licensure in the USA for yoga. Every certificate is made up, as it were, and we are all out here just doing our best to honor knowledge, skill, and foundation. Anyone can say "im a yoga teacher" and so it can be. I'm not saying that's right either, but it's possible.

There is a huge movement across the country to start getting away from YA, and we/LIFE are definitely a part of that movement.

I want you to be super super informed about this decision. There are still many studios that require a "Yoga Alliance Certification", mostly because they don't even know what Yoga Alliance is and truly believe that they *are* a governing body. (YA has done a very good job of selling that idea. And that's all they are, salepeople IMO.)

For myself, as a studio owner, I never even ask about my teachers 200hr program (also a made up notion that 200 hrs will equate to personal skill ready to teach - but thats another story for another time). What do I care about? Skill, knowledge, effectiveness, devotion, and humility. I know there are a ton of owners like me out there, and then a ton not.

All this to say - please make an informed decision. Do your own research. And reach out anytime, I'm more than happy to help and guide to the best option even if it's not my program.

I had a terrible 200HR experience, and it was even YA approved, HA! I learned the best way possible - what not to do, and how to make it amazing. And **this program will be amazing.** Maybe even spectacular. Challenging, spiritual, fun, deep, weird, interesting, and more...