



200 hr. Yoga Teacher Training

Self-Paced, Online and 5 In-Person Days

Starts August 12, 2026 | Ends September 11, 2027

@ 5 Koshas Yoga & Wellness, Wausau, WI



5 Koshas
yoga and wellness

Deepen Your Practice Ignite Your Teaching

- Yoga Intensives in 5 Major Content Areas:
 - Asana, Sequencing & Adaptation
 - Pranayama: The Art & Science of Breathing Practices
 - Yoga Philosophy, Sutra-s & Chanting
 - Intro to Meditation + Cakra-s
 - Teaching Practicum
- Highly rated dynamic curriculum that transmits an authentic tradition of yoga, Viniyoga™, and applies it to settings like health care, schools, senior centers, worksites, gyms, and yoga studios
- **Be eligible for Yoga Alliance RYT-200.** Meets standards of WI Educational Approval Program

Applications are due by August 1, 2026.

Contact Mary at mary@5koshasyoga.com or call/text 715.218.7120 for the application and training catalog.

Fees:

\$100 application fee, non-refundable by August 1, 2026

\$3300 full tuition by August 5, 2026.

OR

Pay As You Go \$270/month for 13 months by August 5, 2026



Your Experienced Viniyoga Faculty Team Welcomes You. Lead Teachers are **Mary Hilliker**, E-RYT 500, C-IAYT and **Mary Kluz**, RYT-500. Faculty will be Kerry MacDonald, RYT-500, Sally Konkol, RYT-500, Andrew Beaumont, MD, PhD, C-IAYT, RYT-500, Jay Coldwell, RYT-500.

In-Person Days

Online Live

Saturdays

October 10, 2026

8:00 am – 5:00 pm

November 14, 2026

8:00 – 4:30 pm

February 27, 2027

8:30 am – 3:00 pm

May 15, 2027

8:30 am – 3:00 pm

September 11, 2027

8:00 am – 4:00 pm

Wednesdays

6:00 – 7:00 pm CT

October 7, 2026

November 4, 2026

December 2, 2026

January 6, 2027

February 3, 2027

March 3, 2027

April 7, 2027

May 5, 2027

June 2, 2027

Individual Mentor Meetings will be scheduled as key

homework assignments are turned in and to mentor related to a final project.