



200 hr. Yoga Teacher Training

7 weekends over 12 months

Starts Sept 17, 2022 | Ends August 20, 2022

@ 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
 - Yoga Philosophy, Sutra-s & Chanting
 - Meditation + Cakra-s
 - Teaching Practicum with emphasis on developing practices, teaching asana, breathing, guided relaxation, and adapting for individuals & groups
- 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
- Saṅga and life-long friendships
- **Be eligible for Yoga Alliance RYT-200.** Meets standards of WI Educational Approval Program

Applications are due by **September 1, 2022.** Contact Mary at mary@5koshasyoga.com or call/text 715.218.7120 for the application and training catalog.

Fees:

\$100 application fee, non-refundable
\$3300 early-bird tuition by September 2, 2022
OR Pay As You Go \$270/month for 13 months, starts Sept 2, 2022. 15% discount for studio members. Per Intensive Fees available for personal study or Yoga Alliance CE Hours.



Your Experienced Viniyoga Faculty Team Welcomes You. Lead Teacher is Mary Hilliker, RDN, E-RYT 500, C-IAYT. Learn more about our faculty team at riverflowyoga.net

In-Person Weekends

- 1: Sept 17-18, 2022
- 2: Oct 1 – 2, 2022
- 3: Oct 15 – 16, 2022
- 4: April 22 – 23, 2023
- 5: May 6 – 7, 2023
- 6: June 10 - 11, 2023
- 7: Aug 19 – 20, 2023

Saturdays

8:00 am – 5:00 pm*

Sundays

8:00 am – 4:30 pm*

*End time varies by weekend.

Online Live

Mondays - 2022

5:30 – 8:30 pm
Yoga Sutra-s +
Chanting Intensive
Oct 24, 31
Nov 7, 14, 21, 28
Dec 5, 12, 19, 2022

Thursdays - 2023

5:30 -8:30 pm
Pranayama Intensive
Jan 5, 12, 19, 26
Feb 2, 9, 16, 2023

Meditation + Cakra-s Intensive

Feb 23
March 2, 9, 16, 23, 30
April 6, 13, 2023