



200 hr. Yoga Teacher Training

5 weekends over 12 months

Starts August 7, 2023 | Ends August 12, 2024

@ 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
 - Intro to Meditation + Cakra-s
 - Teaching Practicum
- 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 August 1, 2023.

Contact Mary at mary@5koshasyoga.com or call/text 715.218.7120 for the application and training catalog. Two work-study scholarships of \$1000 available.

Fees:

\$100 application fee, non-refundable

\$3300 early-bird tuition by August 3, 2023

OR Pay As You Go \$270/month for 13 months, starts August 3, 2023. 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 9-10, 2023
- 2: Sept 30-Oct 1, 2023
- 3: Oct 14-15, 2023
- 4: May 4 – 5, 2024
- 5: June 8 – 9, 2024

Saturdays

8:00 am – 4:30 pm

Sundays

8:00 am – 4:30 pm

Online Live

Mon, Aug 7, 2023

5:30 – 7:00 pm
Welcome Session

Online Live

Mondays - 2023

5:30 – 8:30 pm
Yoga Sutra-s + Chanting Intensive
Oct 23 - 18, 2023

Tuesdays - 2024

5:30 - 7:00 pm
Pranayama Intensive
Jan 9 – Feb 20, 2024
1.5 hrs/week self-paced

Meditation + Cakra-s Intensive (Self-Paced)
March 5 - April 30, 2024
3 hrs/week

Mon, Aug 12, 2024

6:00 – 7:30 pm
Final Projects Discussion