



# 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: The Art & Science of Breathing Practices
  - 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
- **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](mailto:mary@5koshasyoga.com) or call/text 715.218.7120 for the application and training catalog. Two work-study scholarships available for \$500 to \$1000 off tuition.

### Fees:

\$100 application fee, non-refundable

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

Use discount code EARLY150. \$3450 after August 3, 2023.

OR

Pay As You Go \$270/month for 13 months, starts August 3, 2023.



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](http://riverflowyoga.net)

### In-Person Weekends

- 1: Sept 9-10, 2023
- 2: Sept 30-Oct 1, 2023
- 3: Oct 21-22, 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 - Dec 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