

300 hr. River Flow Yoga Advanced Teacher Training

Hybrid: In-Person, Online Live & Self-Paced over 22 months

Aug 14, 2023 – June 29, 2025

@ 5 Koshas Yoga & Wellness, Wausau, WI



5 Koshas
yoga and wellness

Are you ready to deepen your knowledge, personal practice, and teaching to emerge with a wider range of yoga services that you can offer?

- **Our Mission:** Prepare RYT-200 teachers for advanced level teaching with an in-depth knowledge of Viniyoga™ and asana adaptation, pranayama, meditation, Tantra, sound, nyasa and mudra for personal practice, private yoga sessions and groups, including in-person and online classes, workshops and retreats.
- **Pre-Requisite:** A certification from a RYS-200 training or equivalent study.
- **Credentials Gained:** Eligible for Yoga Alliance RYT-500 with RYT-200 plus RYT-300 and 1000 hours of teaching.
- **Yoga Alliance:** Approved 300 hr.

Applications are due by Aug 1, 2023. Contact Mary at mary@5koshasyoga.com or call/text 715.218.7120 for the application and training catalog.

Fees:

\$100 application fee, non-refundable, 50% discount code ALUM50 for RFYTT alumnus. **\$4200 early-bird tuition by Aug 1, 2023 OR Pay As You Go \$200/month for 22 months, starts Aug 1, 2023**



Lead Teacher
Mary Hilliker
RDN, E-RYT500, C-IAYT
Certified Viniyoga Teacher & Yoga Therapist

Faculty include: Heather Van Daltsen, MEd, E-RYT 500, C-IAYT, Andrew Beaumont, MD, PhD, RYT 500, C-IAYT, Jay Coldwell, RYT 200, iRest Level 2 Teacher & Vedic Chant student, Bill Miller, RYT 500, Steve White, E-RYT 500, C-IAYT, Jane Wengert, RN, RYT-500, C-IAYT.

Weekend Calendar & Schedule

WEEKEND SESSIONS

1. Oct 14 – 15, 2023
2. April 27 – 28, 2024
3. May 18 – 19, 2024
4. June 22 – 23, 2024
5. Sept 21 – 22, 2024
6. Oct 12 – 13, 2024
7. May 3 – 4, 2024
8. June 8, 2025
9. June 28 – 29, 2025

WEEKEND SCHEDULE

Saturdays

8:00 am – 5:30 pm

Sundays

8:00 am – 4:30 pm

ONLINE LIVE

Sat, 1:00 – 4:00 pm
November 2, 2024
January 25, 2025
February 22, 2025

Mon, 5:30 – 8:00 pm
Oct 21, Nov 4, Nov 18,
Dec 2, Dec 16, 2024,
Jan 13, 27, Feb 10, 24,
March 10, 24, April 7,
28, May 12, 2025

See Full Schedule for
Online Live
Days/Times and for
Self-Paced Hours

ONLINE LIVE

Mon, Aug 14, 2023
6:00 – 7:30 pm

Thursdays, 5:30 – 7:00 pm

Jan 11, 25, Feb 8, 22, March 7, 21, April 4, 18,
May 2, 16, June 13, 27, July 18, Aug 15, 2024

Contact Mary at
mary@5koshasyoga.com or
715.218.7120