

## 300 Hour River Flow Yoga Teacher Training (for RYT 500) at 5 Koshas Yoga & Wellness: Independent Study Program



### Program Details

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- Start anytime!
- Application Fee: \$100
- Tuition: \$4200 lump sum payment or Payment Plan of \$200/month for 22 months (total \$4400) or by modules (total \$4651)
- All In-Person Sessions are at 5 Koshas Yoga & Wellness, 2220 Sherman St., Wausau, WI or 185 E. Walnut Street, Sturgeon Bay, WI if more convenient.
- Additional costs include required books (Approximately \$100 – 150), printing of electronic manual if desired (cost varies), one 4-class pass for 5 Koshas (\$54)
- Lead teacher and mentor: Mary Hilliker, RDN, E-RYT 500, C-IAYT

### Schedule & Fees by Intensive

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#### Asana Intensive: Adaptive & Specialty Classes, Targeting Areas of the Body, Sequencing, Adaptation, Class & Series Development, Teaching Practicum

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Hours: 88 hours

Includes self-paced modules, assignments, 2 teaching practicum, mentoring calls, in-person (or online) session on static and movement assessment and sequencing.

By Intensive Fee: \$1364

Additional costs: One 4-class pass for 5 Koshas classes (\$54)

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#### Pranayama Intensive: Human Energetics, Ratio, Technique, Class & Series Development, Teaching Practicum

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Hours: 60

Includes self-paced modules, assignments, 3 teaching practicum, and 3 mentoring calls.

By Intensive Fee: \$930

Mary Hilliker, E-RYT 500, C-IAYT | [mary@5koshasyoga.com](mailto:mary@5koshasyoga.com) | c: 715.218.7120 |  
<https://www.5koshasyoga.com/teacher-training/300-hour-teacher-training/>

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**Teaching Practicum & The Business of Yoga Intensive: Refining Teaching Skills, Developing New Products & Programs, Teaching Privates, Retreats & Workshops**

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Hours: 47 hours

Includes self-paced modules, one private yoga session, private session practicum with a private student, business planning, final project planning and teaching, home-study assignments, one teaching practicum, and mentoring.

By Intensive Fee: \$729

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**Sound, Meditation & Integrated Practices Intensive: Using Sound, Meditation, Nyasa, Mudra, Bhavana, Symbolism & Ritual, Class & Series Development, Teaching Practicum**

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Hours: 60 hours

Includes self-paced modules, chant tutorials, mentoring sessions, assignments, and 2 teaching practicum.

By Intensive Fee: \$930

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**Yoga Philosophy & Chanting Intensive: States of Mind & Consciousness, Purusa/Prakriti, Essential Methods, Negotiating Obstacles, the Gunas in Yoga Practice, Working with the Klesha-s, Working with Ourselves & Others through the Yamas & Niyamas, Transformation, Guarding the Senses, Moving Beyond Suffering**

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Hours: 45 hours

Includes 12 self-paced lessons on yoga philosophy and yoga sutras. Each lesson includes a chant tutorial, lecture, practice and a reflection for journaling. Four mentoring sessions, one sequence assignment, and a teaching practicum are part of this intensive.

By Intensive Fee: \$698

**Contact Mary for a program catalog, application or for any questions and concerns related to the program. need.**