



200 Hour Registered Vinyasa Teacher Training Program



Eight Transformative Weekends

Dates: September 18, 2026 - December 20, 2026

YTT Leads: Loreta Medoniene, 500 E-RYT, YACEP

Location: YogaSix Aventura

Tuition: \$2,250 if paid in full by June 10th (PromoCode: SAVE750)
\$2,500 if paid-in-full by July 20th (PromoCode: SAVE500).
\$3,000 for Payment Plans or when registering within one month of start date.
\$200 Discount with Current Student I.D, Active Duty Military, Senior 65+

Includes: Tuition includes a comprehensive manual and 3 months of unlimited yoga after weekend 2 has commenced. All components of this program listed below must be taken together.

Topics: Topics covered include History of Yoga, Tantric Philosophy, Breathing Practices, Intelligent Sequencing, Meditation, Yoga Maps and Tools, Guiding Movement with Breath, Simple to Complex Language and Class Design, Hands on Assists, Practice Teaching, Building from the Ground Up, Dynamic Language, Anatomy, Posture Clinics, and more!

Additional Requirements: In addition to live sessions, for full certification, students are required to take, observe, or assist 40 yoga classes at local YogaSix, complete assigned home study assignments, and a final exam.

Tuition Options: Pay in Full Registration Link: <https://app.clubready.com/JoinUs/9449/542230>

3x Payment Plan Registration Link: <https://app.clubready.com/JoinUs/9449/510806>

For Questions or Payment Plans: Adriana Coriat: 786-657-2641: aventura@yogasix.com

Schedule

SESSION	DATE	SESSION	DATE
Weekend 1	Friday, September 18	Weekend 5	Friday, November 6
	Saturday, September 19		Saturday, November 7
	Sunday, September 20		Sunday, November 8
Weekend 2 (practice teach 1)	Friday, September 25	Weekend 6 (practice teach 3)	Friday, November 20
	Saturday, September 26		Saturday, November 21
	Sunday, September 27		Sunday, November 22
Weekend 3	Friday, October 9	Weekend 7	Friday, December 4
	Saturday, October 10		Saturday, December 5
	Sunday, October 11		Sunday, December 6
Weekend 4 (practice teach 2)	Friday, October 23	Weekend 8 (practice teach 4)	Friday, December 18
	Saturday, October 24		Saturday, December 19
	Sunday, October 25		Sunday, December 20

Meeting Times by Day

Friday Sessions	Saturday Sessions	Sunday Sessions
4:00pm - 8:00 pm	2:00 pm - 8:00 pm	2:00 pm - 8:00 pm

Required Reading (Approx. \$40)

1. The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar
2. The Key Muscles of Yoga: Scientific Keys, Volume 1 by Ray Long

Recommended Supplies

Two yoga blocks, one yoga bolster, one yoga strap. Discounts available for YTT enrollees at YogaSix.

Attendance Policy

Enrollees may miss up to 3 sessions over the course of the program. Make-up hours and fees will apply to cover missed content and time.

Space is limited in this incredible Yoga Alliance approved program.