



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Registration is
open until September
29, 2025!

OSHKOSH COMMUNITY YMCA

YOGA TEACHER TRAINING

200-hour Yoga Alliance
Certification Program

October 3, 2025 to
May 2, 2026

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This course comes out of a deep love and respect for a practice that is at once mysterious and mainstream, modern and ancient, grounding and uplifting, peaceful and passion-inducing. It is a way to deepen your love and expand your life; to commit to your wellness while serving others.

YTT is for sincere students and the wild ones that want to change the world. The Y is well known for a shared commitment to inclusivity, community, and for putting the ideals and principles of Care, Honesty, Respect, and Responsibility into practice.

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This course is taught by Kat Bettger and meets and exceeds the standards set forth by Yoga Alliance.



CURRICULUM

Teaching, Technique, Practice | 75 hours

Asana, Pranayama, Meditation

September LEVEL I

Self Care, Personal Practice, Chakras, Breath, Mantra, Mudra, Kriya

Yoga Humanities | 30 hours

History, Philosophy, Ethics

October LEVEL I

Ayurveda, History, Philosophy

Professional Essentials | 50 hours

Teaching Methodology, Professional Development, Practicum Prep

November LEVEL II

Ethics: The Yoga Teacher, Styles of Yoga, Teaching Methodology & Class Design

Anatomy and Physiology | 30 hours

Anatomy, Physiology, Biomechanics

December LEVEL II

MetaAnatomy: Physical, Poetic, Practical

Solstice Ceremony

Professional Essentials | 50 hours continued

Teaching Methodology, Professional Development, Practicum Prep

January LEVEL III

Professional Development: Communication, Voice, Cueing, Music

February LEVEL III

Professional Development: Observation, Assisting, Online Teaching, Identity, Marketing, Study, Reading, Writing, Vision, Imagination, Business

Teaching Practice | 20 hours

Exam, Practicum

March LEVEL III

Create + Practice Teach, Final, Practicum

Community Teach + Celebration: May 2, 2026

The curriculum is supplemented by several guest teachers including Erica Jago, author of Angelus, and Kristin Leal, author of Meta Anatomy.

Contact Brandy Hankey, brandyhankey@oshkoshymca.org, 920-230-8439 for more information.

Dates subject to change and participants will be notified appropriately.