



OSHKOSH COMMUNITY YMCA

# YOGA TEACHER TRAINING

## 200-hour Yoga Alliance Certification Program

October 2, 2026 to May 1, 2027

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 (Yoga Teacher Training) 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.

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



Registration is open until Sept 14. Please contact Errah Wheel at [ErrahWheel@oshkoshymca.org](mailto:ErrahWheel@oshkoshymca.org) for additional information regarding course details and associated fees.

## CURRICULUM

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

### TEACHING, TECHNIQUE, PRACTICE | 75 HOURS

Asana, Pranayama, Meditation

October

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

### YOGA HUMANITIES | 30 HOURS

History, Philosophy, Ethics

November

Ayurveda, History, Philosophy

### PROFESSIONAL ESSENTIALS | 50 HOURS

Teaching Methodology, Professional Development, Practicum Prep

December

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

### ANATOMY AND PHYSIOLOGY | 30 HOURS

Anatomy, Physiology, Biomechanics

January

MetaAnatomy: Physical, Poetic, Practical | Solstice Ceremony

### PROFESSIONAL ESSENTIALS | 50 HOURS *continued*

Teaching Methodology, Professional Development, Practicum Prep

February

Professional Development: Communication, Voice, Cueing, Music

March

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

### TEACHING PRACTICE | 20 HOURS

Exam, Practicum

April

Create + Practice Teach, Final, Practicum

### COMMUNITY TEACH + CELEBRATION May 1, 2027

*Dates subject to change and participants will be notified appropriately.*