



OSHKOSH COMMUNITY YMCA

YOGA TEACHER TRAINING

**200-hour Yoga Alliance
Certification Program**

October 2, 2026–May 1, 2027

YTT (Yoga Teacher Training)

A journey to deepen your love of yoga and expand your life. This training is an invitation to commit fully to your own wellness while learning to serve and support others with intention and authenticity.

At the Y, we are proud of our longstanding commitment to inclusivity and community. Our programs are grounded in the core values of Caring, Honesty, Respect, and Responsibility—principles we actively bring to life in everything we do.

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 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

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.