



OSHKOSH COMMUNITY YMCA

# YOGA TEACHER TRAINING PROGRAM OVERVIEW

## PRICING

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<b>EARLY REGISTRATION   \$2,000</b>	<b>PROGRAM COST   \$2,200</b>	<b>FINANCING AVAILABLE   \$2,200</b>
Register and pay in full before September 14 and save!	Registering after September 14	8 Monthly Payments of \$275 September–April

## IN-PERSON CLASSES & CALLS

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### Program Dates:

October 2, 2026–May 1, 2027

- No sessions: 10/31, 11/25–28, 12/20–1/7, 2/6, 3/26–27

### Weekly Schedule:

- Fridays: 12:00–2:00 p.m. (Phone)
- 1st Saturdays: 9:00 a.m.–12:00 p.m. (In-Person)
- 2nd, 3rd & 4th Saturdays: 1:00–4:00 p.m. (In-Person)
- Wednesdays: 12:00–1:00 p.m. (Phone, optional)

Live attendance is preferred; however, all sessions will be recorded. (Schedule subject to change)

## COURSEWORK & WEEKLY ASSIGNMENTS

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### Participants are required to complete each week:

- Weekly coursework
- Journal responses
- Daily practice log
- Occasional book reports

## REQUIRED READING

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Participants must complete a one-page reflection for each required text, highlighting key takeaways, insights, and personal reflections. Due dates are outlined on the program platform.

### Required texts:

1. The Heart of Yoga
2. Angelus
3. Eastern Body, Western Mind
4. MetaAnatomy
5. Paths to God



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## ASSESSMENT

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Participants will complete a final assessment within one week of receiving it.

Assessment Due: Friday, March 19

## CERTIFICATION OF COMPLETION

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Upon successful completion of all requirements, participants will receive a Certificate of Completion, qualifying them to register with Yoga Alliance at the RYT-200 level.

Note: Certificates will not be issued until all tuition balances are paid in full.

## MAINTAINING YOGA ALLIANCE REGISTRATION

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To maintain registration, teachers must complete 75 hours of continuing education every three years, including:

- 45 hours of teaching yoga
- 30 hours of additional training

## PUT YOUR CERTIFICATION TO USE

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Ready to take the next step? Turn your passion into purpose by joining our team.

We invite you to apply to teach at the YMCA—where you can inspire, support, and uplift your community.

At the Y, you'll be part of a welcoming and mission-driven environment where your skills make a meaningful difference every day. Whether you're leading your first class or expanding your teaching journey, there's a place for you here.



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.