



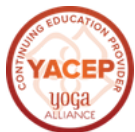
OSHKOSH COMMUNITY YMCA

YOGA TEACHER TRAINING

200-hour Yoga Alliance Certification Program

October 2, 2026–May 1, 2027

Program led by Kat Bettger.
Course meets & exceeds the standards set forth by Yoga Alliance.



YOUR JOURNEY BEGINS HERE

INVESTMENT:

EARLY REGISTRATION | \$2,000

Register and pay in full before September 14 and save!

PROGRAM COST | \$2,200

Registering after September 14

FINANCING AVAILABLE | \$2,200

8 Monthly Payments of \$275 September–April



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

BECOME A CERTIFIED YOGA TEACHER:

Turn your passion into purpose and take your practice to the next level. Join our supportive community and learn to lead with confidence.

WHO IT'S FOR:

Individuals ready to deepen their practice.
Aspiring yoga instructors.
Wellness enthusiasts of all experience levels.

WHAT TO EXPECT:

This intensive and immersive program is designed to support your growth as both a practitioner and a future teacher. Through a blend of in-person learning, guided coursework, and consistent personal practice, you will deepen your knowledge while building meaningful connections within a supportive community.

Participants should plan to dedicate approximately 10–15 hours per week.

The program includes weekly in-person classes, bi-weekly group calls for connection and support, ongoing independent coursework, and a daily practice log with reflection to enhance learning and embodiment.

YOUR JOURNEY:

This training is more than a certification—it is an opportunity to build a strong foundation in yoga philosophy, movement, and teaching. You will develop confidence in leading others, cultivate greater self-awareness, and experience meaningful personal growth, all while becoming part of a committed and inspiring community.

Dates subject to change and participants will be notified appropriately.