“The body is a boat that carries the soul in the ocean of the world. If it is not strong, or it has a hole, then it cannot cross the ocean, so the first duty is to fix the boat.”

-Babaji
Yoga Teacher Training
200 hrs
In Person Summer Intensive:
Foundational Yoga Studies
June 16 – July 13, 2023
YTT200 Program

Rooted in traditional Aṣṭāṅga and Haṭha Yoga methods, teachings include:

- Ṣhat Karma
- Mudrā
- Prāṇāyāma
- Dhāranā, Dyāna
- Āsana
- Yoga philosophy
- Āyurveda
- Subtle body theory
- Anatomy
- Physiology
YTT200 Program Dates

In Person Summer Intensive

- Summer Intensive classes are held in-person
- Monday through Saturday, 5:30 am – 8:00 pm
- Sundays, from 5:30 am – 8:30 am (rest of the day is free)
- See the full day outlined in the "Schedule for In-Person Modules" for the class times and breaks.

Online Modular Program

- Monthly online (synchronous) weekends meet Thursday night, from 5:00 pm – 7:00 pm and Friday through Sunday, 6:30 am – 5:30 pm.
- Mid Month Check-Ins each month from 6:00 pm – 8:00 pm.
- All times listed are Pacific Time.
### YTT200 Financial Details

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Total Program Tuition</td>
<td>$2,395</td>
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<tr>
<td>Application Fee</td>
<td>$25</td>
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<tr>
<td>Student Tuition Recovery Fund</td>
<td>$5</td>
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<tr>
<td>Estimated Total Charges</td>
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<tr>
<td>On-site Room &amp; Board: Based on dorm rate of $100/day</td>
<td>$2,700 Summer Intensive</td>
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<tr>
<td>Estimated Total Charges including Room &amp; Board</td>
<td>$5,125 Summer Intensive</td>
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Course Catalog

- AHC - Ayurvedic Health Counselor
- AP - Ayurvedic Practitioner
- MA - Masters of Arts in Ayurveda
- YTT 200 - Foundational Yoga Studies
- YTT 300 - Advanced Yoga Studies
- CYTT - Yoga for Educators and Parents: Teaching Yoga & Mindfulness to Children
- AYT - Ayurvedic Yoga Therapy

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