YOGA TEACHER TRAINING
200 HOURS • MEGAN SCHICI
NAPERVILLE, ILLINOIS

FRIDAY
SEPT 13
6 month program

COMPREHENSIVE PROGRAM
This is a comprehensive 200-hour program that takes around 6 months to complete. This training is primarily in person and also encompasses a virtual element.

ACCESSIBLE HYBRID FORMAT
This combination of in-person and virtual training provides each student with well-rounded and accessible means to acquire your 200-hour Registered Yoga Teacher certification.

FLEXIBILITY AND COMMUNITY
You will enjoy all the benefits of the yoga community, but with a slightly more flexible schedule. When we meet in person, it will be on weekends, generally one or two weekday evenings for practice, and then Saturday through Sunday, with a few exceptions.

Your investment in this program covers the cost of all materials, books, and supplies, as well as special presentations, and classes.

TRAINING CONTENT
Whether you are hoping to teach classes or deepen your yoga knowledge and practice, this program is a deeply transformative experience. We dive into the history and philosophy of yoga, the physical and energetic anatomies of the human body, the yoga poses and variety of physical practice styles. Meditation, breathwork, the impact your yoga practice has on your body, brain, emotions, and the cultural impact yoga is making on the world. Upon completion of all requirements and graduation from this course, you will be eligible to register with the Yoga Alliance (yoga's professional organization), which will make you a Registered Yoga Teacher.

Once you're ready to join us on your yoga teacher training journey, a non-refundable deposit of $250 holds your spot in the training and locks in your rate and remaining balance options are put in place. Early bird pricing and payment plans available.

Scan the QR code or email meganschici@gmail.com to arrange for application and registration paperwork.