



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Registration is open  
until August 25, 2025!

OSHKOSH COMMUNITY YMCA

# YOGA TEACHER TRAINING

200-hour Yoga Alliance  
Certification Program

September 5, 2025 to  
April 4, 2026



This course comes out of a deep love and respect for a practice that is at once mysterious and mainstream, modern and ancient, grounding and uplifting, peaceful and passion-inducing. It is a way to deepen your love and expand your life; to commit to your wellness while serving others.

YTT is for sincere students and the wild ones that want to change the world. The Y is well known for a shared commitment to inclusivity, community, and for putting the ideals and principles of Care, Honesty, Respect, and Responsibility into practice.



This course is taught by Kat Bettger and meets and exceeds the standards set forth by Yoga Alliance.



## CURRICULUM

Teaching, Technique, Practice | 75 hours

Asana, Pranayama, Meditation

September LEVEL I

Self Care, Personal Practice, Chakras, Breath, Mantra, Mudra, Kriya

Yoga Humanities | 30 hours

History, Philosophy, Ethics

October LEVEL I

Ayurveda, History, Philosophy

Professional Essentials | 50 hours

Teaching Methodology, Professional Development, Practicum Prep

November LEVEL II

Ethics: The Yoga Teacher, Styles of Yoga, Teaching Methodology & Class Design

Anatomy and Physiology | 30 hours

Anatomy, Physiology, Biomechanics

December LEVEL II

MetaAnatomy: Physical, Poetic, Practical

Solstice Ceremony

Professional Essentials | 50 hours continued

Teaching Methodology, Professional Development, Practicum Prep

January LEVEL III

Professional Development: Communication, Voice, Cueing, Music

February LEVEL III

Professional Development: Observation, Assisting, Online Teaching, Identity, Marketing, Study, Reading, Writing, Vision, Imagination, Business

Teaching Practice | 20 hours

Exam, Practicum

March LEVEL III

Create + Practice Teach, Final, Practicum

Community Teach + Celebration April 4

The curriculum is supplemented by several guest teachers including Erica Jago, author of *Angelus*, and Kristin Leal, author of *Meta Anatomy*.

Contact Brandy Hankey, [brandyhankey@oshkoshymca.org](mailto:brandyhankey@oshkoshymca.org), 920-230-8439 for more information.

Dates subject to change and participants will be notified appropriately.