

240 hr. Yoga Teacher Training



Deepen Your Practice Ignite Your Teaching

- Acquire a solid foundation in yoga for teaching groups and individuals.
- Learn to adapt yoga practice to serve the practitioner.
- Experience a dynamic curriculum that respects an authentic tradition of yoga and applies it to settings like health care, schools, senior centers, worksites, gyms, and yoga studios.
- Work with professional mentors and colleagues.
- Grow with your Saṅga, forming life-long friendships
- **Be eligible for Yoga Alliance RYT-200.** Training meets standards of WI Educational Approval Board.

Applications are due by Feb 1, 2018. Contact Mary at mary@5koshasyoga.com or call/text 715.218.7120 for the application and training catalog.

Fees:

\$100 application fee, non-refundable
\$3200 early-bird tuition by March 4, 2018.
\$3400 between March 5 and April 15, 2018.
Payment plans are available.



Lead Teacher
Mary Hilliker
RDN, E-RYT500, C-IAYT
Certified Viniyoga Teacher & Yoga Therapist

Mary is the Director and Lead Teacher of the WI EAB Approved River Flow Yoga, LLC teacher training school. She has been a yoga practitioner for 26 years and a teacher for 18 years. She has experience teaching students across the lifespan and in a variety of community settings. Additional teacher faculty assistants include: **Heather Van Dalfsen, MEd, E-RYT 500, Andrew Beaumont, MD, PhD, RYT 200, Jay Coldwell, RYT 200, Bill Miller, RYT 200, Pauline Zweck, RYT-200, Renee Peterson, RYT-200, Certified Prenatal Teacher, Mary Kluz, RYT 200, Steve White, E-RYT 200, RYT 500, C-IAYT, Jane Wengert, RYT-200, C-IAYT, Maggie Kessell, E-RYT 500 .**

Weekend Calendar & Schedule

May 4 – 7, 2018	<u>Fridays</u>
June 8 – 10, 2018	5:30 – 8:30 pm
July 13 – 15, 2018	<u>Saturdays</u>
August 10 – 12, 2018	8:00 am – 5:00 pm
Sept 7 – 9, 2018	<u>Sundays</u>
Sept 28 – 30, 2018	8:00 am – 4:30 pm
Nov 2 – 4, 2018	
Jan 4 – 6, 2019	
Winter Break	
April 26 – 28, 2019	
May 17 – 19, 2019	
June 9 – 11, 2017	

Contact Mary at
mary@5koshasyoga.com or
715.218.7120 to
set up a time to
talk by phone,
Skype or in
person.