



YogaFit Training Systems Worldwide RYT 200 Information

YogaFit's 200-hour yoga teacher training program provides the fundamentals you need to become a certified yoga teacher or take your own practice to the next level. Ideal for advanced yoga practitioners and yoga enthusiasts, personal trainers, group exercise instructors, and even the yoga-curious. **Choose a schedule that works for you.**

1. YogaFit's modular training system allows students to complete their RYT 200 journey at their own pace and at multiple locations, including virtually, paying as they go. Begin your training with our in-person YTT Foundations: Level One. Continue your journey with our virtual options, at a YogaFit Mind Body Fitness Conference, at a host studio near your home, across the country, or even abroad. Or mix and match in a completely different way. Your choice.

2. Attend our Virtual Intensive RYT. These are fixed dates and times and are offered at a discounted, bundled price. This option also allows for payment installments (email info@yogafit.com for more information).

Throughout the RYT 200 program, you will learn:

- ✓ Principles of anatomy and physiology ✓ Inspiring and dynamic vinyasa yoga sequencing grounded in proper alignment and the safety of exercise science
- ✓ Pose modifications to ensure that each pose is safe and effective for every body type and physical challenge
- ✓ Verbal cues and hands-on assists
- ✓ Transformational language that creates an atmosphere of trust, inclusivity, and self-exploration
- ✓ To bring your unique personality and style into your teaching
- ✓ Breath awareness exercises and pranayama practices to incorporate into your classes ✓ Common Sanskrit terms and their translations ✓ The history and philosophy of yoga, and its modern applications
- ✓ Basic meditation practices
- ✓ The business side of yoga
- ✓ Creative visualization, affirmations, and specific self-awareness practices that will help you integrate what you have learned

Required Trainings		# of Days	Contact Hours	Date Attended	City/State
Virtual Options	In-Person Options				
YTT Foundations: Level One	YTT Foundations: Level One	2	20		
Level Two: Communication	Level Two: Communication	2	20		
Level Three: Introspection	Level Three: Introspection	2	20		
Level Four: Tradition	Level Four: Tradition	4	40		
Level Five: Unification	Level Five: Unification	2	20		
Anatomy and Alignment	Anatomy and Alignment	2	20		
YogaFit for Warriors	YogaFit for Warriors	2	20		
YogaFit Seniors	YogaFit Seniors	1	10		
Three Days of Electives (Electives chosen for the 200-hour track may not be	Three Days of Electives (Electives chosen for the 200-hour track may not be	3	30		

repeated for the 300-hour track)	repeated for the 300-hour track)				
Total		20	200		

*While you are welcome to move through the trainings at your own pace and budget, Levels One – Five must be taken in order. Please read the YogaFit Terms of Use before registering for teacher trainings.