



## 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.**

- 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, even abroad. Or mix and match in a completely different way. Your choice.
- 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](mailto: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				
<a href="#">YTT Foundations: Level One</a>	<a href="#">YTT Foundations: Level One</a>	2	20		
<a href="#">Level Two: Communication</a>	<a href="#">Level Two: Communication</a>	2	20		
<a href="#">Level Three: Introspection</a>	<a href="#">Level Three: Introspection</a>	2	20		
<a href="#">Level Four: Tradition</a>	<a href="#">Level Four: Tradition</a>	4	40		
<a href="#">Level Five: Unification</a>	<a href="#">Level Five: Unification</a>	2	20		
<a href="#">Anatomy and Alignment</a>	<a href="#">Anatomy and Alignment</a>	2	20		
<a href="#">YogaFit for Warriors</a>	<a href="#">YogaFit for Warriors</a>	2	20		
<a href="#">YogaFit Seniors</a>	<a href="#">YogaFit Seniors</a>	1	10		
<a href="#">Three Days of Electives</a> (Electives chosen for the 200-hour track may not be	<a href="#">Three Days of Electives</a> (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 through the [YogaFit Terms of Use](#) prior to registering for teacher trainings.