



RYT-200 Hour Yoga Certification Program

5 MONTH WINTER EXTENDED

Dates: Dec 2 - April 28

Location(s): Ignition Park / Catalyst Building & Osceola Location (TBA)
460 Stull Street
South Bend, IN 46601

Contact: info@solaceyogastudio.com

Trainers: Liz Nierzwicki, Director of Teacher Training & Special Guest Teachers

Tuition: Tuition = \$3,500 /\$3,600 Payment Plan Option. DON'T MISS The Early Bird Price: \$3,200 when you enroll by September 30th. There is a \$500 non-refundable deposit (included in cost of tuition) will be due at time of registration. Enrollment available at solaceyogastudio.com

Info: Please email info@solaceyogastudio.com or Call (574) 328-1389 with questions.

Certification Requirements Hours included in the 200 Hour RYT Designation Include: All Module training hours listed on this sheet are mandatory. Plus you are required to complete (20) classes/hours (on your own time) in order to gain knowledge in different styles, levels, and methodologies of yoga. This curriculum also includes at-home studying and reading time as part of your certification requirements.

Week	Date	Day	Start Time	End Time
Module 1	2-Dec	Sunday	9:00 AM	5:00 PM
	9-Dec	Sunday	9:00 AM	5:00 PM
Module 2	20-Jan	Sunday	9:00 AM	5:00 PM
	27-Jan	Sunday	9:00 AM	5:00 PM
Module 3	10-Feb	Sunday	9:00 AM	5:00 PM
	24-Feb	Sunday	9:00 AM	5:00 PM
Module 4	3-Mar	Sunday	9:00 AM	5:00 PM
	24-Mar	Sunday	9:00 AM	5:00 PM
Module 5	31-Mar	Sunday	9:00 AM	5:00 PM
Makeup Day / Graduation	14-Apr	Sunday	9:00 AM	5:00 PM

*All hours are mandatory and will need to be made up if missed by student. It's advisable not to miss any mandatory days. However, if it is an unavoidable, makeup hours will need to be approved by the director of teacher training. The last day of the program does not constitute a pass of the program. In order to earn a RYT-200 yoga certification, all homework assignments must be turned in, student must pass the final exam, and student must show a proven ability to lead a safe and effective class. This extended winter program is built for those who have busy lives and may need a little bit more flexibility in the learning curriculum. If you have ANY questions or concerns please email them to info@liznierzwicki.com