



200-HOUR VINYASA YOGA TEACHER TRAINING

The journey from yoga student to yoga teacher is an enlightening experience. Pink Lotus Yoga Center's 200-Hour Vinyasa Teacher Training will give you the knowledge and tools to inspire future students with the same passion for yoga that fuels you. Nicole Zimmer will share knowledge on form, alignment, yoga history, philosophy, sequencing, and hands-on assisting. Yoga teacher Kelly Branning will cover anatomy in depth, and Pink Lotus teachers will share their expertise and experiences.

Your studies will include 6 weekend workshops (Saturday and Sunday), 7 Tuesday evenings, independent reading, practice at PLYC, observations, assisting classes, and teaching a practice class outside of training. You will also be assigned a PLYC mentor who will provide support during, and after the training.

This program is not just about presenting and memorizing information, it is an opportunity for transformative growth.



Applicants should have a consistent yoga practice of at least two years, and at least 6 months at Pink Lotus Yoga Center.

WHAT MAKES PINK LOTUS YTT DIFFERENT?

- **Class Size:** 6-12 students. At Pink, you are not a number, you are family. You will become personally connected to your peers, teachers, and staff at PLYC.
- **Readiness:** We do not believe in the "churn and burn" style of training. We only accept students who are physically, mentally, and energetically ready for this process.
- **Seal of Approval:** We take our name seriously, and we do not train students we wouldn't consider hiring ourselves.
- **Standards:** In order to train you, we must know you. It is expected YTT students will maintain a regular practice at Pink Lotus, in addition to behaving in a way that upholds the teachings of yoga.
- **Anatomy:** Pink Lotus spends extra time on making sure students understand how the body works with the yoga poses.

- **Feedback:** Feedback is valuable for learning. We keep feedback focused, and concrete using the Keep, Stop, Start method.
- **Quality Make-up Hours:** We believe in our curriculum, and we will work with you in the event of an absence, however it is not recommended to miss training. One-on-one make-up hours may be required for an additional fee.

Nicole Zimmer

E-RYT 200/ YTT 500
Lead Teacher



MOVING FORWARD

- **Application Process**
 - Request and submit online application by emailing pinklotusytt@gmail.com.
 - Submit references (one PLYC teacher OR 1 current teacher, and 1 former teacher).
 - Pay \$50 non-refundable application fee via cash, check or Paypal.
 - Begin or continue a regular practice at Pink Lotus prioritizing Nicole's Wednesday night and Saturday morning classes.
- **Once Accepted**
 - Submit \$250 non-refundable deposit (cash or check).
 - Meet with assigned mentor.
 - Begin Independent Reading
 - Students are responsible for obtaining books
- **Cost**
 - Training must be paid in full by February 1st,
 - Payments must be cash or check
 - \$2,600 Early Bird by December 31st
 - \$2,800 after December 31st
 - Tuition Includes:
 - 200 hour Yoga Teacher Certification in Vinyasa Yoga
 - Training Manual
 - Feedback
 - Mentor
 - 6 practices with Nicole
 - Discounted Monthly Unlimited Pass
 - Certificate



Kelly Branning
E-RYT 200
Anatomy
Teacher



& Pink Lotus Team