

OXYGEN

YOGA TEACHER TRAINING

POWERED BY
NTY

2024 COURSE CATALOGUE

- 200-HOUR YOGA & INTRO TO FUSION YTT
- BARRE FUSION YTT
- BOX FUSION YTT
- ADVANCED FUSION
- ADVANCED VINYASA
- 300-HOUR YOGA & FUSE TEACHER TRAINING



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200-HOUR YOGA & FUSION YTT

Become a highly sought-after yoga & fusion instructor!!!
Naked Truth Yoga Inc.® is the exclusive trainers for Oxygen Yoga & Fitness, and the first and only Yoga College covering Safe Transfers in the heat. Students will be certified to teach both in and out of a heated environment with all the tools to facilitate a safe, fun, and effective yoga and fusion class.

The NTY Method will not only enable you to teach yoga for the bodies of today by understanding the evolution of the human body with special focus on alignment and functional movement, but also dive into the inner self to become the best version of yourself. This is not just a course, it is a training where each student will be supported, challenged, engaged and respected in each aspect of this journey.

In our one-of-a-kind 200-hour Yoga Teacher Training program, you will dive into our methodology that is rooted in the highest level of yoga education and skill set. Giving you an in-depth knowledge of spiritual growth and self-awareness, both on and off the mat. You will acquire all the tools you need to facilitate a safe and effective yoga class in any yoga studio worldwide, allowing you to pursue your passion and make a professional statement by staying true to a proven method of incredible results seen at Oxygen Yoga & Fitness Locations across Canada and the USA. We are a fully registered course with Yoga Alliance which is internationally recognized. Not only that, but you will join a family of passionate teammates who regularly encourage continuous learning, networking and new job opportunities.

And once you are part of the family, you are in forever – meaning you can return to our future 200-hour trainings, Free of charge, to stay current in methods and practice. We believe that continuing education is a mandatory component of success, thus we encourage all graduates to return to future trainings.

SEE US IN ACTION!

[CLICK!](#)

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WHAT YOU CAN EXPECT IN THIS 200-HOUR INTENSIVE HYBRID & VIRTUAL YOGA & FUSION YTT

This is an intensive 200-hour training that will change your life and open your eyes. The course gives you an education in the history of yoga, meditation, anatomy, your body's energies, chakras, asanas, pranayama, business of yoga, kids yoga, intro to ayurveda and much more.

We deliver a variety of professional class sequences, training our expert methods of Yang Yin, Deep Stretch & Relaxation, Dynamic Vinyasa Flow, and our one-of-a-kind Fusion fitness seen at Oxygen Yoga & Fitness studios across Canada & the USA.

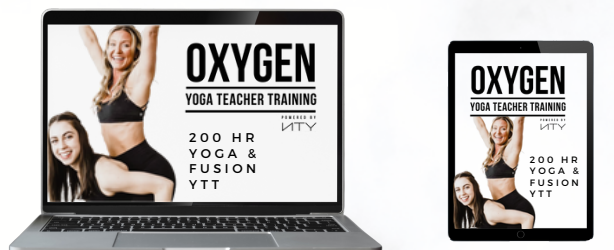
Our yoga teacher training standards are among the highest in the industry and we are a RYS (Registered Yoga School) with Yoga Alliance which is internationally recognized.

We are immensely proud to have this program available for you and will be there with you every step of the way, building your practice, confidence, and welcoming you into our NTY/Oxygen Yoga & Fitness Sanga (family).

We provide and meet the highest standards of excellence while operating under the authority of the yoga industry, completely dedicating our expertise to our students; we make it our mission to train the highest quality of instructors.

For our Hybrid & Virtual trainings, we understand that everyone learns differently. We are using a multimedia approach to learning that includes written, audio, and video lectures, assignments, online quizzes, regular live zoom meetings with the lead trainers, private communication group and more.

BOTH OUR HYBRID AND VIRTUAL COURSES ARE THE EXACT SAME AND YOU WILL RECEIVE THE SAME ELEVATED EXPERIENCE FROM BOTH. THE CLASS TIMES ARE THE EXACT SAME TIMES, ONE WILL BE IN OUR VIRTUAL STUDIO AND THE OTHER IN OUR PHYSICAL STUDIO.



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WHAT'S THE DIFFERENCE? HYBRID VS. VIRTUAL

HYBRID

Our 200-hour Hybrid YTT is delivered Virtually and In Studio at select locations.

The Virtual aspect consists of:

- Our Online Manual delivered in modules
- Live Zoom Classroom content discussion with your Lead Trainers
- Live Zoom Classroom Physical Practice as a group with your Lead Trainers
- Live Zoom Classroom Physical Practice in smaller groups in Breakout Rooms with your Lead Trainers
- Live pop up classes in our private FB group with your Lead Trainers
- Private FB group communication access
- Zoom recordings available in course player for review and reflection

The In Studio physical aspect consists of:

- Physical dissection of Asana (poses) with your Lead Trainers
- Practice Teaching with fellow students and Lead Trainers
- Physical demonstration of transitions and transfers with your Lead Trainers
- Physical classes led by your Lead Trainers

VIRTUAL

Our 200-hour Virtual

The Virtual aspect consists of:

- Our Online Manual delivered in modules
- Live Zoom Classroom content discussion with your Lead Trainers
- Live Zoom Classroom Physical Practice as a group with your Lead Trainers
- Live Zoom Classroom Physical Practice in smaller groups in Breakout Rooms with your Lead Trainers
- Live pop up classes in our private FB group with your Lead Trainers
- Private FB group communication access
- Zoom recordings available in course player for review and reflection
- Physical dissection of Asana (poses) with your Lead Trainers
- Practice Teaching with fellow students and Lead Trainers
- Physical demonstration of transitions and transfers with your Lead Trainers
- Physical classes led by your Lead Trainers

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BELOW IS A LIST OF SUBJECTS AND TECHNIQUES INCLUDED IN THE COURSE

- History of Yoga
- Yoga Sutras
- Pranayama
- Karma
- Asanas
- Sequencing your class
- Learning Kids Yoga and how to sequence a class for different ages
- NTY Method, Hatha, Vinyasa, intro Kundalini, Yang, Yin, and much more
- Business of yoga in the growing yoga world
- Bio Functional Anatomy & Physiology created and taught by a Dr. and Yogi
- Biomechanics
- Intro to Ayurvedic nutrition
- Bandhas, Mudras, Kriyas
- Nadis, Koshas and Chakras
- Meditation
- Asanas in English and Sanskrit
- Elite NTY Transfers and Transitions©
- Learning hands on adjustments along with verbal adjustments and appropriate touch
- NTY safe transfers© when teaching hot yoga and unheated yoga
- NTY Formatting©
- Dissection of over 100 Asanas (poses)
- NTY flow transitions©
- Ability to book one on one time with our lead instructors
- The evolution of yoga
- Tools and templates to assist you in the organization of your sequencing and class planning
- Private communication group with Lead Instructors to answer any questions you may have during the course and after to ensure you are fully supported through this journey
- Online Manual with lifetime access
- Lead Trainers working with you to create all class formats with expert feedback
- NTY/Oxygen Class Formats
- Assisting in job placement at Oxygen Yoga & Fitness
- Practice teaching with expert Lead Trainers feedback and assistance



NOT ALL 200-HOUR YTT'S ARE THE SAME

THINGS TO CONSIDER WHEN CHOOSING THE RIGHT TRAINING FOR YOU

There are many wonderful Yoga Teacher Trainings, it can seem overwhelming deciding which one is right for you and the journey you are embarking on. Here are a few questions to ask yourself when deciding which training is the right fit.

- What do you wish to do with your education after completion?
- Do you want to teach at Oxygen Yoga & Fitness? (If so, this is the training required to do so)
- What style of yoga do you wish to learn?
- Does the 200-hour YTT teach more than one style of yoga in their training?
- Does the 200-hour YTT have enough Lead Trainers per ratio of students?
- Does the 200-hour YTT assist you with all the tools for job placement, should you choose to teach?
- Is the 200-hour YTT a registered school with Yoga Alliance?
- Will you be supported by the Lead Training team throughout your training?
- Will you get to practice teach?
- Will you be practice teaching throughout the training or at the end of the training?
- How long has the 200-hour YTT been educating students?
- What is the experience of the Lead Trainers?
- How many hours do the Lead training team spend giving individual feedback? (It is important to you to have help building your teaching portfolio)
- Does the 200-hour YTT include personal growth, deepening your own asana and meditation practice?
- Does the 200-hour YTT deepen your understanding of what yoga is in different approaches?
- Are the Lead Trainers accessible to you outside training hours for extra support if needed?

THESE ARE JUST A FEW QUESTIONS TO CONSIDER WHEN
CHOOSING THE RIGHT 200-HOUR YTT FOR YOU.

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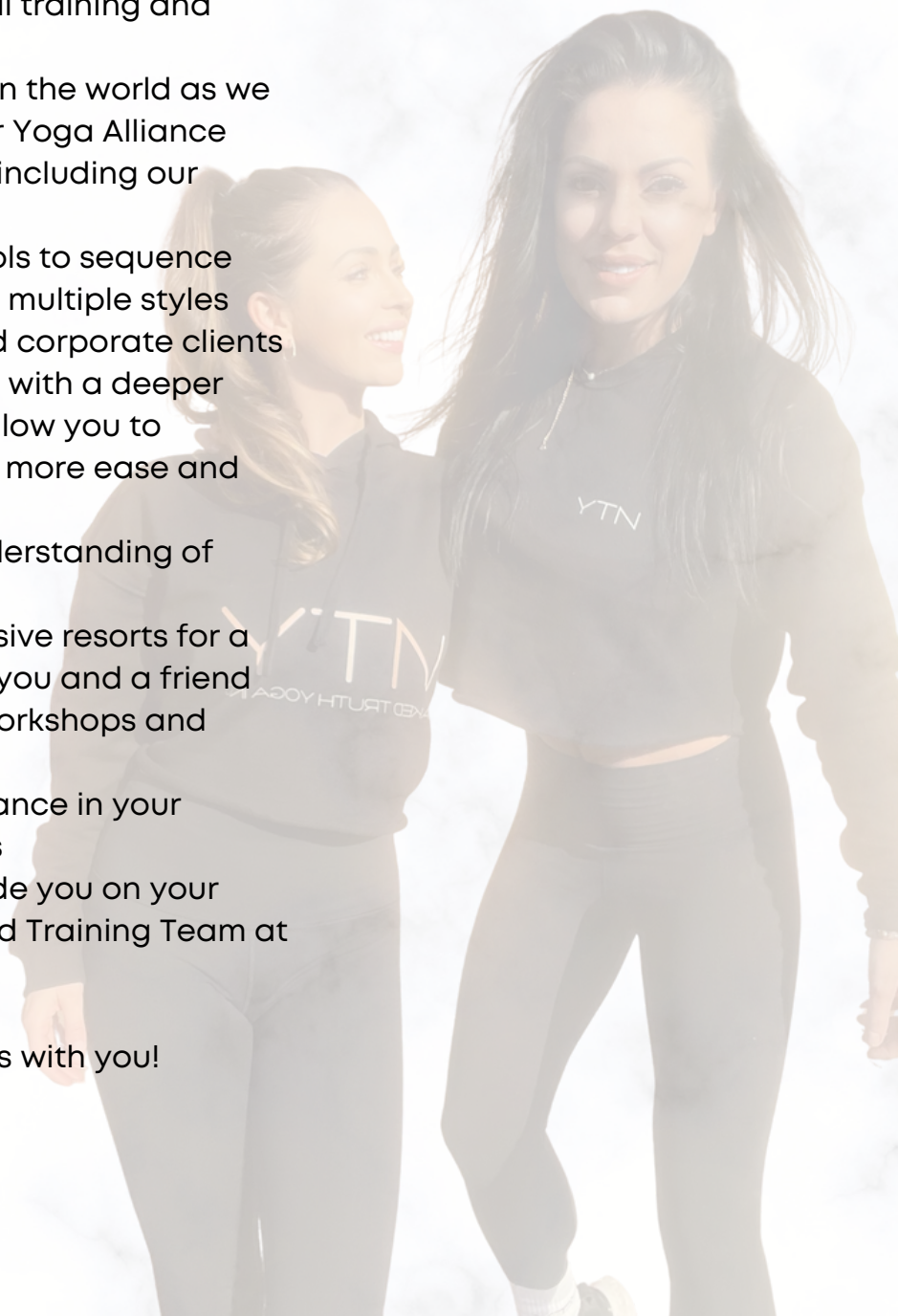
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YOUR FUTURE

The future of a NTY/Oxygen Yoga & Fitness graduate has many beautiful opportunities not only for your personal practice but also for your professional career. Here are a few possible manifestations of your possible future.

- You will be able to teach at Oxygen Yoga & Fitness without having to invest in additional training and format training
- You will be able to teach anywhere in the world as we are internationally recognized under Yoga Alliance
- You will be trained in multiple styles including our Dynamic Flow & Fusion Method
- You will have the knowledge and tools to sequence effective and thought-out classes in multiple styles
- You will be able to teach private and corporate clients
- You will have personal growth along with a deeper asana and meditation practice to allow you to navigate through your daily life with more ease and love
- You be deeply connected to the understanding of what yoga is
- You will be able to teach at all-inclusive resorts for a highly discounted vacation cost for you and a friend
- You will be able to lead kids' yoga workshops and birthday parties
- You will create more health and balance in your relationship with yourself and others
- You will have advanced tools to guide you on your future with the support from our Lead Training Team at your request.

Choose the future that resonates with you!



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WINTER TRAINING SCHEDULE

Course start date: Monday February 19th, 2024

Mon Feb 19th 5:00-6:00pm PST (Zoom)
Fri Feb 23rd 9:00am-12:00pm PST (Zoom)
Sat Feb 24th 12:30-4:00pm PST (In Studio or Zoom)

Thurs Feb 29th 4:30-7:00pm PST (Zoom)
Sat Mar 2nd 12:30-4:00pm PST (In Studio or Zoom)

Fri Mar 8th 9:00am-12:00pm PST (Zoom)
Sat Mar 9th 12:30-4:00pm PST (In Studio or Zoom)

Thurs Mar 14th 4:30-7:00pm PST (Zoom)
Sat Mar 16th 12:30-4:00pm PST (In Studio or Zoom)

Fri Mar 22nd 9:00am-12:00pm PST (Zoom)
Sat Mar 23rd 12:30-4:00pm PST (In Studio or Zoom)

Thurs Mar 28th 4:30-7:00pm PST (Zoom)
Sat Mar 30th 12:30-4:00pm PST (In Studio or Zoom)

Fri Apr 5th 9:00am-12:00pm PST (Zoom)
Sat Apr 6th 12:30-4:00pm PST (In Studio or Zoom)

Thurs Apr 11th 4:30-7:00pm PST (Zoom)
Sat Apr 13th 12:30-4:00pm PST (In Studio or Zoom)

Fri Apr 19th 9:00am-12:00pm PST (Zoom)
Sat Apr 20th 12:30-4:00pm PST (In Studio or Zoom)

Thurs Apr 25th 4:30-7:00pm PST (Zoom)
Fri Apr 26th 9:00am-12:00pm PST (Zoom)
Sat Apr 27th 12:30-4:00pm PST (In Studio or Zoom)
Sun Apr 28th 12:30-4:00pm PST (In Studio or Zoom)

Course end date: April 28th, 2024

EARLY REGISTRATION

Early registration is available for our program by contacting us directly. Our past programs have sold out!!! Because of this, we recommend registering right away to confirm your spot in this highly sought-after program. We look forward to being a part of your journey of becoming the better version of yourself.

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FALL TRAINING SCHEDULE

Course start date: Monday September 23rd, 2024

Mon Sept 23rd 5:00-6:00pm PST (Zoom)
Thurs Sept 26nd 4:30-7:00pm PST (Zoom)
Sat Sept 28th 12:30-4:00pm PST (In Studio or Zoom)

Fri Oct 4th 9:00am-12:00pm PST (Zoom)
Sat Oct 5th 12:30-4:00pm PST (In Studio or Zoom)

Thurs Oct 10th 4:30-7:00pm PST (Zoom)
Sat Oct 12th 12:30-4:00pm PST (In Studio or Zoom)

Fri Oct 18th 9:00am-12:00pm PST (Zoom)
Sat Oct 19th 12:30-4:00pm PST (In Studio or Zoom)

Thurs Oct 24th 4:30-7:00pm PST (Zoom)
Sat Oct 26th 12:30-4:00pm PST (In Studio or Zoom)

Fri Nov 1st 9:00am-12:00pm PST (Zoom)
Sat Nov 2nd 12:30-4:00pm PST (In Studio or Zoom)

Thurs Nov 7th 4:30-7:00pm PST (Zoom)
Sat Nov 9th 12:30-4:00pm PST (In Studio or Zoom)

Fri Nov 15th 9:00am-12:00pm PST (Zoom)
Sat Nov 16th 12:30-4:00pm PST (In Studio or Zoom)

Thurs Nov 21st 4:30-7:00pm PST (Zoom)
Sat Nov 23rd 12:30-4:00pm PST (In Studio or Zoom)

Thurs Nov 28th 4:30-7:00pm PST (Zoom)
Fri Nov 29th 9:00am-12:00pm PST (Zoom)
Sat Nov 30th 12:30-4:00pm PST (In Studio or Zoom)
Sun Dec 1st 12:30-4:00pm PST (In Studio or Zoom)

Course end date: December 1st, 2024

EARLY REGISTRATION

Early registration is available for our program by contacting us directly. Our past programs have sold out!!! Because of this, we recommend registering right away to confirm your spot in this highly sought-after program. We look forward to being a part of your journey of becoming the better version of yourself.

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WHAT'S THE NEXT STEPS

Click

- Go to NTY/Oxygen Yoga & Fitness School Page
- Scroll down to courses and click on the "Pre registration" button for the course you are wanting to enroll in
- Choose your payment option
- Click purchase
- Create an account, and follow the prompts to complete pre-registration
- Read Terms of Use and Privacy Policy and click the "I agree" box

It's that simple!

EARLY BIRD PRICING

\$3600.00 + TAX

- Register for our Winter 200-Hour Yoga & Fusion YTT before December 27th, 2024
- Register for our Fall 200-Hour Yoga & Fusion YTT before July 31st, 2024

TUITION

\$3744.00 + TAX

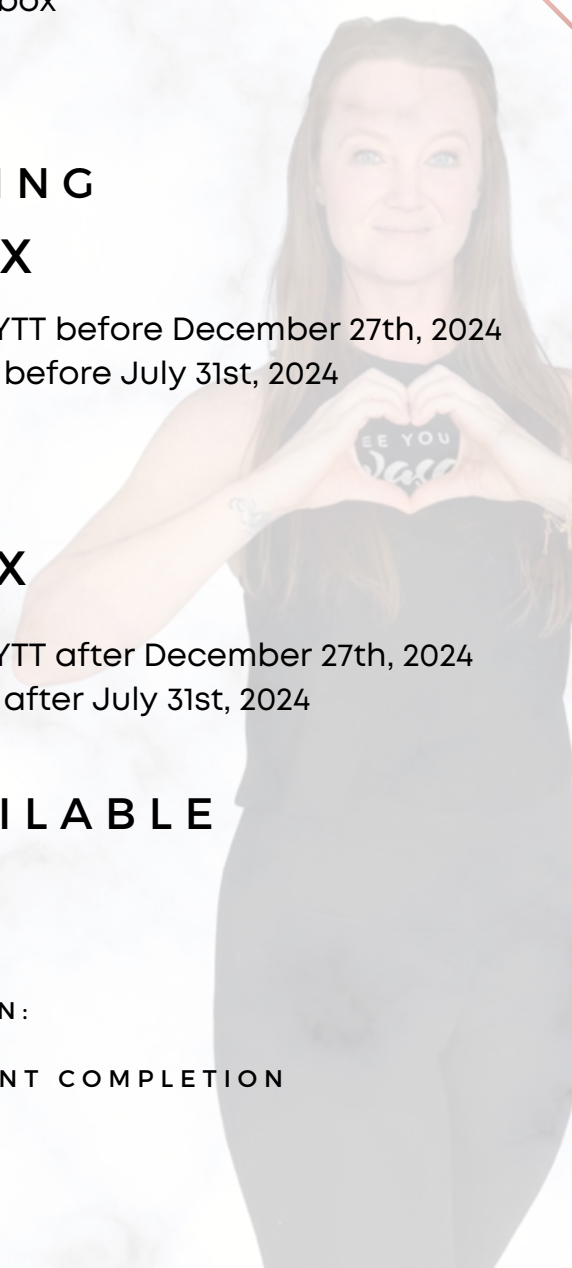
- Register for our Winter 200-Hour Yoga & Fusion YTT after December 27th, 2024
- Register for our Fall 200-Hour Yoga & Fusion YTT after July 31st, 2024

PAYMENT PLANS AVAILABLE NO INTEREST

PAYMENTS NON REFUNDABLE

CERTIFICATE DELIVERED UPON:

- COURSE COMPLETION
- TUITION PAYMENT COMPLETION



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EXCITING NEWS
OUR 300-HOUR
YTT COMING
SOON!



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300 HR
YOGA &
FUSION
YTT