

Compare our programs below and see which is right for you!

Feature	Group 200-Hour RYT Training	Group Student YTT Program	Private RYT/Student YTT Program
Program Focus	Comprehensive RYT Certification	Yoga Foundations for Students	Your Choice
Duration	3 Months	100 hours	3 Months
Day/Times	3 day weekends	Saturday/Sunday	Customized
Target Audience	Aspiring Yoga Teachers	Enthusiastic Students	Customized
Curriculum	In-depth Asana, Philosophy, Anatomy, Teaching Techniques	Basics of Yoga Postures, Philosophy, Breathing, Meditation	Customized
Practice Teaching	Extensive Teaching Practice	Not Included	Customized
Certification	Yoga Alliance RYT-200	Yoga Essence Studio Certificate	Customized
Prerequisites	Desire to Teach	Enthusiasm for Learning Yoga	None
Class Size	Small Group	Small Group	1 on 1
Flexible Learning	Yes	Yes	Yes
Online/In-Person	In-Person	In-Person	Both
Location	YES of Dunellen/YES of Lebanon	YES of Dunellen/YES of Lebanon	Customized
Extras Included	FREE Mentorship (Post Training), 3 Month FREE Membership (excludes aerial & bungee classes)	Unlimited Membership during time of program	FREE Mentorship (Post Training), 3 Month FREE Membership (excludes aerial & bungee classes)

Additional \$ Investment	Books	Optional Books	Books
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