200-hour Online Functional Yin Yoga Teacher Training

YOGA TREAT
with José de Groot

Schedule & Pricing

This 200-hour Online Functional Yin Yoga Teacher Training spans 11 months, giving you time to practise, digest and integrate what you learn.

The training combines self-paced online learning with live sessions and classes on Zoom.

Sessions

Overview of mandatory live sessions and Yin Yoga classes.

- Whole group
- Study group

January 2027	15 Jan	3–5 PM CET	• Whole group session — Start
February 2027	5 Feb	3–4:30 PM CET	• Whole group session
March 2027	5 Mar	3–4:30 PM CET	• Whole group session
April 2027	16 Apr		• Deadline: All 50-hour Yin & Anatomy videos watched
	18 & 25 Apr	9 AM–5 PM CEST	• Whole group session — Adjusting practice
May 2027	10, 11, 13, 18 or 20 May	11 AM–12 PM CEST*	• Study group session — attend one date only
	31 May	11 AM–12:30 PM CEST	• Whole group session — Teaching practice
June 2027	1, 3, 7 & 8 Jun	11 AM–12:30 PM CEST	• Whole group session — Teaching practice
	11 Jun	11 AM–1 PM CEST	• Whole group session — Feedback
	17 Jun		• Deadline: All 50-hour Yin & Anatomy assignments completed
	18 Jun	3–4:30 PM CEST	• Whole group session

Continued on the next page.

Schedule, continued

Sessions

August 2027	27 Aug	3–4:30 PM CEST	Whole group session
September 2027	3 Sep		Deadline: All 30-hour Yin & Meridians videos watched
	5 & 12 Sep	9 AM–5 PM CEST	Whole group session — Adjusting practice
	27, 28 or 30 Sep	11 AM–12 PM CEST*	Study group session — attend one date only
October 2027	5 or 7 Oct	11 AM–12 PM CEST*	Study group session — attend one date only
	18, 19, 21, 25 & 26 Oct	11 AM–12:30 PM CEST	Whole group session — Teaching practice
	29 Oct	11 AM–1 PM CEST	Whole group session — Feedback
November 2027	12 Nov	3–4:30 PM CET	Whole group session
	26 Nov		Deadline: All 30-hour Yin & Meridians assignments completed
December 2027	6, 7, 9, 13 & 14 Dec	11 AM–12:30 PM CET	Whole group session — Teaching exam
	17 Dec	3–5 PM CET	Whole group session — Closing & certification

* An asterisk means the exact time within this slot will be decided together. All times are Amsterdam time: CET in winter, CEST in summer. Study group sessions take place on one of the listed dates, with your assigned study group.

Yin Yoga classes

All classes run from 8 to 9:30 PM, Amsterdam time. CET from November to March, CEST from April to October.

January 2027	22 Jan	April 2027	23 Apr	September 2027	10 Sep
February 2027	5 Feb	May 2027	21 May	October 2027	15 Oct
March 2027	12 Mar	June 2027	11 Jun	November 2027	19 Nov

Pricing details

The 200-hour training is one complete training, with payment made in two places.

1. **The YogaTreat training fee** covers the 120 hours of live online training, practice, personal guidance and feedback throughout the 11 months.
2. **My two online Yin modules at YogaEasy Academy** make up the 80 hours of online learning: the 50-hour Yin & Anatomy and the 30-hour Yin & Meridians.

Together, these make up the full 200-hour training. You need access to both modules to complete the full 200-hour training and be certified.

1. The YogaTreat training fee

To join the training, complete your registration and your payment, in full or the first instalment, **by 14 January 2027**. The YogaTreat training fee is the same for everyone, regardless of which modules you already have access to.

	Training fee
200-hour Teacher Training	€ 1650

Exempt from VAT.

The YogaTreat training fee covers

- all live Zoom sessions: whole group sessions, adjusting practice, teaching practice, study group sessions and feedback sessions
- the live Yin Yoga classes, and recordings of all live sessions
- personal guidance, support and feedback from me throughout the 11 months
- the teaching exam and your certification
- access to my e-learning platform

2. My two Yin modules at YogaEasy Academy

The 80 hours of online learning are part of the 200-hour training and consist of my two modules: the 50-hour Yin & Anatomy and the 30-hour Yin & Meridians.

The two modules are hosted and sold by YogaEasy Academy. You buy them there in your own name, so your access stays yours after the training ends.

The two Yin modules include

- all video lessons in the 50-hour Yin & Anatomy and the 30-hour Yin & Meridians
- a downloadable digital manual for each module, plus extra resources
- your own YogaEasy Academy account, in your own name
- the assignments for each module, which you complete on my e-learning platform

The assignments help you apply what you are learning, notice what is already clear to you, and identify what may need more attention.

Yin module prices

Module	Price
50-hour Yin & Anatomy	€ 450
30-hour Yin & Meridians	€ 300
80-hour Yin Bundle Both modules together — 15% off	€ 637,50

Prices include VAT.

Do you already have access to one or both modules?

- You already have access to both modules — nothing more to buy
- You already have access to the 50-hour module — buy the 30-hour Yin & Meridians
- You already have access to the 30-hour module — buy the 50-hour Yin & Anatomy
- You don't have access to either module yet — buy the 80-hour Yin Bundle

Not sure which modules you already have access to? Contact me and I'll be happy to help.

Module deadlines

- **50-hour Yin & Anatomy** — all videos watched by 16 April 2027, all assignments completed by 17 June 2027.
- **30-hour Yin & Meridians** — all videos watched by 3 September 2027, all assignments completed by 26 November 2027.

I recommend buying both modules before the training starts, so you can begin straight away with the 50-hour Yin & Anatomy. This is where we'll start in January.

What your total comes to

Your access	YogaTreat	YogaEasy	Total
Both modules	€ 1650	—	€ 1650
50-hour module	€ 1650	€ 300	€ 1950
30-hour module	€ 1650	€ 450	€ 2100
Neither module	€ 1650	€ 637,50	€ 2287,50

Paying in instalments

You can pay the YogaTreat training fee in three instalments of **€ 575**, for a total of **€ 1725**:

	Due
First instalment	At checkout
Second instalment	5 February 2027
Third instalment	5 April 2027

YogaEasy offers its own instalment options for the modules.

Note

The training fee is exempt from VAT, as YogaTreat is registered with CRKBO.

With love, José

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