

200-hour Online Functional Yin Yoga Teacher Training

Schedule

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 — Adjustment 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 50H 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 — Adjustment 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 30H 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 made up of two parts, and you pay for them in two places.

1. **The training fee, which you pay to Yogatreat**, covers everything we do live together over the eleven months.
2. **My two online Yin modules, which you buy at YogaEasy Academy**, cover the online learning: the 50-hour Yin & Anatomy and the 30-hour Yin & Meridians.

Both modules are part of the 200 hours, so you need access to both to complete the training and be certified.

1. The training fee

Special price, valid **up to and including 15 November 2026**. To receive it, complete your registration and your full payment by that date. The same fee applies to everyone, regardless of which modules you already have access to.

	By 15 November 2026	After 15 November 2026
200-hour Teacher Training	€ 1250	€ 1650

Exempt from VAT.

The training fee covers

- all live Zoom sessions: whole group sessions, adjustment practice, teaching practice, study group sessions and feedback sessions
- the monthly live Yin Yoga classes, with a recording of each class
- personal guidance, support and feedback from me throughout the eleven months
- the teaching exam and your certification
- access to my e-learning platform, where you complete the assignments for the two Yin modules at YogaEasy

2. My two Yin modules at YogaEasy Academy

The online learning part for this training is hosted and sold by YogaEasy Academy: the 50-hour Yin & Anatomy and the 30-hour Yin & Meridians modules.

You buy them there yourself, in your own name, so access stays yours long after the training ends.

The YogaEasy modules cover

- all video lessons in the 50-hour Yin & Anatomy and the 30-hour Yin & Meridians
- my digital manuals and resources for both modules
- your own YogaEasy account, in your own name
- the assignments for these Yin modules — click an assignment at YogaEasy and you are taken straight to my e-learning platform

Prices at YogaEasy Academy

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

Prices include VAT.

Do you already have access?

- You have both modules — nothing to buy
- You have the 50-hour module — you buy the 30-hour Yin & Meridians
- You have the 30-hour module — you buy the 50-hour Yin & Anatomy
- You have neither — you buy the bundle

Once you have access

- **50-hour Yin & Anatomy.**
Make sure you have watched all the videos by 16 April 2027.
- **30-hour Yin & Meridians.**
Make sure you have watched all the videos by 3 September 2027.

I recommend buying both modules before the training starts, so you can begin watching the videos in advance.

What your total comes to

Your access	Training fee	At YogaEasy	Total before 15 Nov 2026	Total after 15 Nov 2026
Both modules	€ 1250	—	€ 1250	€ 1650
50-hour module	€ 1250	€ 300	€ 1550	€ 1950
30-hour module	€ 1250	€ 450	€ 1700	€ 2100
Neither module	€ 1250	€ 637,50	€ 1887,50	€ 2287,50

Paying in instalments

At the regular price you can pay the training fee in three instalments of **€ 635**:

Due	
First instalment	5 December 2026
Second instalment	5 February 2027
Third instalment	5 April 2027

YogaEasy offers its own instalment options for the modules. Paying in instalments is available at the regular price only.

Notes

- The training fee is exempt from VAT, as Yogatreat is registered with CRKBO. The YogaEasy modules are sold by YogaEasy and their prices include VAT.
- The modules are bought in your own name at YogaEasy Academy, so you keep access to them after the training.
- Not sure which modules you already have access to? [Contact me](#) and I'll be happy to help.
- Already watched the 50-hour or the 30-hour module? If you already have access to one or both modules, revisiting the material will deepen your learning. The online live training sessions brings the online learning into practice through exploration, application, discussion and teaching, with guidance, feedback and practice together.

With love, José

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YOGA TREAT
with José de Groot