It's Yoga, Cincinnati, RYS 200/300

RYT300 hour Yoga Teacher Training Packet

RYT500 Certification

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Cincinnati, OH 45220
yogagarage.com
513-300-5586 (Indu) 513-961-9642 (Studio)

Dear RYT 200 Yoga Teacher,

Thank you for inquiring about our RYT 300 Yoga Alliance Training Program. Upon completion, you also will receive a RYT500 Certification and be eligible to apply for a RYT 500 Professional Yoga Teacher Certification with the Yoga Alliance.

It's Yoga Cincinnati is the first Yoga Alliance Registered School (RYS 200 & 300) in Cincinnati. With over 22 years' experience specializing in training yoga teachers, we are proud of our outstanding reputation for producing top-quality creative teachers who live and love the yoga lifestyle. Our graduates are highly sought after, teaching all levels of yoga at studios and gyms around the world.

We emphasize a well-rounded introduction to all traditional aspects of yoga, including techniques for meditation and pranayama (breathing exercises) as well as an intensive study of yoga philosophy; Patanjali's ***Yoga Sutras*** and the ***Bhagavad Gita,*** yoga theory, functional anatomy, subtle anatomy, fascia alignment, bio tensegrity, movement therapeutics, posture diagnostics, Ayurveda and history of traditional yoga and literature.

A unique aspect of our program is the opportunity for practice teaching, assisting classes and subbing. Prospective teachers can gain real practical experience through observing, assisting and critiquing classes. This allows the prospective yoga teacher to gain experience and confidence in their teaching abilities. The RYT 300 is a 9-month, 12-session training that includes one year of free classes at It's Yoga. We encourage participating in a minimum of 3 classes per week at It's Yoga to incorporate the techniques you are learning into your practice. At the same time, you will deepen your practice and develop your physique by using your new understanding of movement.

If you are interested in our comprehensive yoga teacher training program, please submit in person or mail the attached application form, including answers to the questions on its second page.

Please feel free to contact me personally at (513) 300-5586 or itsyogaindu@earthlink.net if you have questions or would like to discuss our teacher training program in more detail.

Indubala Bhardwaj, ERYT 500, T500, YACEP
RYT 200/300 Program Director
It's Yoga Cincinnati RYS 200/300

A National Yoga Alliance Registered Yoga School RYS 200/300

What's different about It's Yoga Cincinnati's RYT Yoga Teacher Training Program?

It's Yoga Cincinnati's Teacher Training Program is scientifically designed by experts and specialists who have harnessed the expertise of our Yoga Teacher Trainers in order to provide a full-spectrum approach to yoga postures, health, and traditional yoga lifestyle choices.

Our Level 2, RYT 300 Hours will Qualify you for Professional Level RYT 500 Teacher Training Certification

The 300-hour training is a program designed to enhance the overall health of the yoga practitioners by deepening and refining the layers of your yoga practice, allowing you to understand how to bring your clients into a deeper mindful practice. Set yourself apart from other yoga teachers by learning skills that will proactively protect against physical injury while learning to lead a safe and effective Intermediate/Advanced yoga class. You will be able to help students understand ***how to move*** into more integrated postures with ease, reverse posture deformities and improve structural alignment.

This customized program is an integrative approach that focuses on scientific study of asanas, which incorporates elements of Bio-Mechanics, Myofascial Alignment, Bio tensegrity, Somatics in Action and other movement modalities. Emphasis is placed on both the physical and psychological benefits of yoga, including finding a balance between flexibility, strength, and a healthy range of joint movement. Personal empowerment lifestyle models are presented in order to allow trainees to explore both traditional and new scientific yoga methods that can be used to harmonize the body, mind and spirit.

Trainees will learn to teach Ashtanga Primary Series along with an Introduction to Second Series as well as Advanced Hatha and Vinyasa. They will learn to modify teaching repertoire according to current demands of their clients and various yoga studios. Class observations and critique along with practice

teaching helps trainees develop experience and confidence in their teaching skills before completing the program. The 12 months of free classes at It's Yoga give teachers ample opportunity to improve their practice and observe our experienced RYT 500 teachers.

Eligibility is open to any RYT 200 yoga student who has taught yoga for at least one year and has an established vinyasa practice. They should have a thirst for a deeper understanding of the science behind the asanas. They must also be at least eighteen years of age.

Provided Required Materials

Functional Anatomy of Yoga, A Guide for Practitioner's and Teachers by David Keil
The Yoga Sutras of Patanjali, as explained by our master teacher Kurt Matthys
Śrīmad Bhagavad-Gita translated by Swami Vireswarananda
It's Yoga RYT300 Teacher Training Workbook and the Technique Manual by our program director Indubala Bhardwaj
Other literature will also be provided.

Tuition is $3,250: For Early Bird Discount, Payment Plans (see Page 11) and Financial Arrangements are available by contacting Indu Bhardwaj at itsyogaindu@earthlink.net.

RYT 500 Yoga Teacher Training Graduation Requirements

1. <u>Techniques, Training and Practice</u> – 150 hours (100 minimum contact hours with lead trainer)

- How to teach challenging asanas and learn new asana techniques
- A Guided practice by the Lead Trainer of *how to perform various techniques*

New Techniques include: Embodied Movement, Asana Biomechanics, Asana Modification, Advanced Pranayama and Meditation, Use of Bandhas to prevent injury during advanced practices.

2. <u>Teaching Methodology</u> – 30 hours (20 minimum contact hours with lead trainer)

- Communication skills, addressing needs of students, teaching special populations
- Principles of demonstration, observation, assisting & verbal/physical corrections
- Teaching styles
- Qualities of a teacher
- Business aspects of teaching yoga; marketing and legal (5 contact hours required)

3. Anatomy & Physiology – 35 hours (20 minimum contact hours)

- Physical & Functional Anatomy for Yoga
- Myofascia & Bio Tensegrity and study of Posture Deviation Patterns
- Introduction to Ayurveda

15-hour minimum requirement; spent applying anatomy and physiology on yoga only.

4. Yoga Philosophy, Lifestyle, & Ethics for Yoga Teachers – 60 hours (45 minimum contact hours with lead trainer)

- *Yoga Sutras* (Review Padas 1 & 2. Focus on Pada 3 &4)
- *Bhagavad Gita* (a practical yoga lifestyle guide on how to act, live & work without producing adverse effects).
- Value of teaching yoga as a service and being of service to others (Seva).
- Yoga Ethics **(4 minimum contact hours with lead trainer)**

5. Practicum – 40 hours (20 minimum contact hours + 10 minimum contact hours with lead trainer)

- Practice teaching as the lead instructor
- Observing RYT 500 Teachers teaching classes
- Receiving and giving feedback
- Assisting students while a RYT500 teacher is teaching

6. Remaining Contact Hours (85)

- Working with posture deformities and negative holding patterns due to past injury
- Body Integration to develop easeful, balanced movement
- Subtle Anatomy (Srotas, Nadis & Chakras)
- Introduction to Sanskrit

Homework Assignments

● Reading and Written assignments from the ***Teacher Training Workbook, Technique Manual*** **and other Articles & Books**

● Script development

● Asana Flash Cards + Benefits/Counter Indications & Sanskrit Pronunciation

● Class Participation in yoga classes (100 hours, suggested minimum)

Examinations

● Functional Anatomy/Kinesiology

● Yoga Theory & Philosophy/Lifestyle & Ethics

● Posture Technique

● Practical Exam

Yoga Teacher Trainers

No yoga teacher training program attains excellence without a dedicated and highly experienced director & staff

Master Teacher, Indubala Bhardwaj, MT, ERYT 500, T500, YACEP

RYT 200/300 Teacher Training Program Director & Lead Trainer

In 1976, Indu dedicated herself to the study, and practice of yoga. Indu was inspired to begin her practice after meeting Swami Satchidananda in 1968. Following a career in classical dance, she became a Licensed Massage Therapist in Toronto after graduation from the Canadian College of Massage and Hydrotherapy in 1974.

In 1976 Indu began Sanskrit studies by reading traditional Yoga texts, *Yoga Sutras*, *Bhagavad Gita* and Brahm Vidya Shastra with her mentor, Pandit Yogi Raj Sharma Shastri. In 1986 she was initiated into the Mahanubhava Marg by the late Rajdhar Baba of the Samvatsar Ashram in Maharashtra.

In 1980 she moved to Cincinnati and began teaching yoga privately in homes, ballet studios and at the Resor Avenue Unitarian Church. In 1998 she co-founded the first yoga studio in the Tri-State Area, Cincinnati Yoga School. Then she co-founded It's Yoga Cincinnati in 2000, Ohio's first Yoga Alliance Registered Yoga School. On October 2016, Indu was honored with a Lifetime Achievement Award for her 40 years of teaching Yoga. This award was from both the Mayor of Cincinnati and Cincinnati's sister city of Mysore, India, as well as from the Cincinnati Yoga Teachers Association.

Indu teaches classes, private sessions and workshops, while specializing in RYT 200 & 300 Yoga Teacher Training for the past 23 years. She is an expert in myofascia anatomy, inspired from her background in movement and massage, along with studies with Doug Keller in *"Yoga as Therapy,"* Thomas Meyers in *"Fascia Alignment"* and *Embodied Yoga* with Richard Freeman. Being an avid student of intelligent movement, she encourages her students to effortlessly approach posture patterns with ease and deep awareness in order to experience the state of *Tristhana* (synchronised breathing (Ujjayi), gaze points (Drishti), and internal energy locks (Bandha) linked together with the movement system).

Indu has lived the yoga lifestyle both on and off the mat since 1976 and follows the Bhagavad Gita's explanation of a yogic lifestyle as "*skillfulness in action.*"

RYT Certifications

RYT 500 hrs.	Hatha Yoga, Pranayama & Meditation…….	Integral Yoga
RYT 200	Ashtanga Yoga & Rocket Yoga……	It's Yoga San Francisco – Larry Schultz
RYT 300	Swastha Yoga Therapy & Ayurveda…….	Ganesh Mohan
RYT 148	Yoga as Therapy…….	Doug Keller
RYT 80	Yin Yoga…….	Paul Grilley
RYT 150	Raja Yoga (Yoga Sutras) ……	Integral Yoga
RYT 75	Cardiac Yoga……..	Integral Yoga

Indu's Additional Training & Mentors

Certified M.S. Yoga Instructor	National Multiple Sclerosis Society
Certified in Pilates & Allegro Reformer	Twenty First Century Pilates Training
Certified Fitness & Aerobics Instructor	Exercise Science Alliance
Pattabhi Jois	Ashtanga Vinyasa
Richard Freeman	Ashtanga Vinyasa
David Williams	Ashtanga Vinyasa
David Swenson	Ashtanga Vinyasa
David Kiel	Mysore
John Coon	Vinyasa Krama
Srivatsa Ramaswami	Vinyasa Krama
Thomas Meyers	Fascia Anatomy
Vyaas Houston, American Sanskrit Institute	Sanskrit 1-3 levels
Julie Toren, Body Mind Balance	Gyrotonics & Pilates (10 years)
Cincinnati Ballet	Isabelle Elfson (10 years)

Master Teacher, Paige Knollman, ERYT 500, T500

RYS 200/300 Experienced Professional Yoga Teacher Trainer

Voted as **Northern Kentucky's Best Fitness Instructor in 2020** by Cincinnati Magazine!

With more than 1,000 hours of training in various yoga studies, Paige completed her RYT 200 in 2017 and completed RYT 300 Advanced Yoga Certification in Ashtanga, Hatha, Pranayama & Mediation in 2021. Paige is an ERYT 500, Experienced Registered Yoga Teacher with the National Yoga Alliance.

In 2018 Paige became a Ayurvedic Yoga Specialist, certifying with the Himalayan Institute. She continued her yoga training in 2020 at The Trauma Institute at JRI, earning a Trauma Sensitive Yoga Certification. She pursues her interest in *intelligent movement* with Julie Cordier and Mike Butcher at Body Mind Balance and with Indu Bhardwaj at It's Yoga.

Paige has a special interest in helping elderly and debilitated clients adapt a yoga practice by teaching Gentle Yoga and Chair Yoga. In addition, she trains Tri-State Athletes, teaching Mobility & Balance for Division 1 Athletics. She conducts private sessions and teaches yoga in both Northern Kentucky and at It's Yoga Cincinnati.

Paige teaches integrated asana technique using natural movements that incorporate principles of fascia alignment. She loves to assist her students in adapting a healthy lifestyle through Ayurveda, the sister science of yoga. Her intention behind every class is to guide her students through a journey of self-discovery, both mentally and physically.

Certifications

RYT 500	Ashtanga Vinyasa, Hatha & Pranayama	It's Yoga Cincinnati
RYT 100	Ayurvedic Yoga Specialist	Himalayan Institute – Kathryn Templeton
RYT 20	Hatha Yoga Pradipika	Himalayan Institute – Sandra Anderson

Paige's Additional Training & Workshops

Richard Freeman	Bhagavad-Gita
Doug Keller	Anatomy, Sacrum & SI Joint Stability
Mike Butcher – **Body Mind Balance**	Power Pilates, Level 1
Julie Cordier – **Body Mind Balance**	Gyrotonics

Master Teacher, Kurt Matthys, BA, ERYT 500,

RYS 200/300 Experienced Teacher Trainer

Kurt has studied, practiced, meditated and lived the "*yoga lifestyle"* for the past 27 years. As a true yogi who lives a life of inspiration both on and off the mat, Kurt has trained in many styles of yoga: Ashtanga Vinyasa, Kripalu, Integral Yoga, Hatha, and Vinyasa Krama. His primary focus is Ashtanga Vinyasa. He has mastered the 1st & 2nd Ashtanga Series and continues to work on the 3rd .

For years Kurt has been an enthusiastic student and teacher of meditation and yoga philosophy. He first started studying Indian yoga texts privately with Indu Bhardwaj and continues to participates in a philosophy study group at a Hindu temple. Kurt is an enthusiastic lecturer and teacher of yoga asanas, the *Yoga Sutras* and the *Bhagavad Gita*. He loves introducing yoga teacher trainees to Sanskrit, and yoga philosophy, as well as to the science of meditation and pranayama.

Kurt's personal teaching style encourages students to *"Focus on the present and be open to change."* He believes in having fun. At the same time, he teaches his students to be open to new challenges. Kurt emphasizes how important it is for students to develop their own daily yoga practices.

A recently retired Computer Systems Architect, Kurt enjoys woodworking and Kirtan (singing sacred words). In January 2016, Kurt was featured as "The Yogi" in Cincinnati Magazine's article "Secrets of the Super Fit." Kurt is currently completing a book that he has written to explain Patanjali's *Yoga Sutras.*

RYT Certifications

RYT 500	Ashtanga Vinyasa & Hatha Yoga	It's Yoga Cincinnati. RYS 200 & 300
RYT 40	Yin Yoga	Paul Grilley
RYT 60	Introduction to Sanskrit	Indubala Bhardwaj

Additional Training & Workshops

Vicky Sorenson	Ashtanga Vinyasa
David Swenson	Ashtanga Vinyasa
David Williams	Ashtanga Vinyasa
Larry Schultz	Ashtanga Vinyasa & Rocket Yoga
Doug Swenson	Vinyasa/ Soft Form
Srivatsa Ramaswami	Vinyasa Krama
Pundit Rajmani Tigunait	Tantra (Himalayan Academy)
David Frawley	Ayurveda & Yoga

300 Hour Weekend Teacher Training
Payment Plans January 2020

Option#1:

Early Bird Pre-Payment Special ***(Save $150!!!)***
Paid in-full upon registration (prior to Jan. 6th): **$3,100**
(free It's Yoga classes begin upon payment)

Option#2:

$500 deposit upon registration
$2,750 balance due at 1st Session
Total payment: **$3,250**

Option #3:

Session payments
$500 deposit upon registration
$475 due each of the next 6 sessions
Total payment: **$3,350** (if paid in full by the 5th session)

Option #4:

Extended payments
$500 deposit on registration
$295 due each of the next 10 session payments of
Total payment: **$3,450** (must be paid fully by the 10th session)

It's Yoga Cincinnati, RYS 200/300

RYT-300 RYT 2020 Yoga Teacher Training Application for RYT 500 Professional Yoga Teacher Certification

Name _____ Date_____

Address _____ Apt _____

City _____ State _____ Zip _____

Phone Numbers: Cell _____ Date of Birth: _____

Email _____ Referred by_____

Prior Certifications_____

_____

Dates: Level 2, RYT 300 – 12 Weekend Sessions over Nine Months:

(1) Jan. 7 – 8, (2) Jan. 27 – 29, (3) Feb. 17 – 19, (4) March 3 – 5, (5) March 17 – 19,
(6) April 21 – 23, (7) May 12 – 14, (8) May 26 – 28, (9) June 16 – 18, (10) July 7 – 9,
(11) July 28 – 30, (12) Aug. 18 – 20 **Sept. Written & Practical Exam Date to be decided.**

Tuition is $3,250 ***see page #11 for discounted early bird rate and/or payment plans***

- Deposit of $500 must accompany application to reserve a spot
- A $50 non-refundable processing fee is included with your deposit
- A full refund (minus processing free) will be returned if withdrawal occurs before start date
- There are no refunds for previously attended sessions
- Training Material must be returned upon withdrawal

I understand and accept these terms and agreements.

Signature_____Date_____

Answer the following questions along with your application form:

How long have you studied yoga and what styles have you practiced?

What teachers have influenced you the most?

Where did you receive your RYT 200 Certification from?

How long have you been teaching?

Do you practice a yoga lifestyle including Meditation & Pranayama? (Explain)

Have you studied any yogic texts? Which ones?

Why do you wish to train with It's Yoga Cincinnati?

What do you hope to gain from this training?

How did you find out about this training?

Please list prescription medications or special diet that you may be using during training.

Please list all physical limitations & injuries, including pre-existing conditions.