

It's Yoga Cincinnati

Fall/Winter 2023

RYT 200-Hour

Yoga Teacher Training Packet

Begins September 22nd





Thank you for inquiring about our Registered Yoga Alliance Teacher Training Program (RYT 200). **It's Yoga Cincinnati** is the first Yoga Alliance Registered Yoga School (RYS) in Cincinnati. With over 23 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.

Unlike most training programs that are limited to one style of yoga, our program offers training in two distinct but complementary styles:

- **Ashtanga Vinyasa Yoga** The most challenging style of classical yoga and foundation of All Vinyasa, Power Yoga and Flow styles
- **Hatha Yoga** Individualized postural alignment as well as the Traditional meditative style for any yoga level

These styles are presented so that the yoga teacher learns how to teach a challenging class for those who are ready, but also a less demanding class for beginners, senior citizens, or for those who prefer a more relaxed meditative approach.

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*), yoga theory, functional anatomy, subtle anatomy, fascia alignment, introduction to Ayurveda, English and Sanskrit asana terms and pronunciation.

A unique aspect of our program is the opportunity for practice teaching. Prospective teachers gain real practical experience by observing, assisting, and teaching during public classes. This allows the prospective yoga teacher to gain experience and confidence in their teaching abilities. The program also offers nine months of free classes at It's Yoga.

After you have completed your RYT 200 training, we also offer an Intermediate/Advanced Training program for those who wish to continue their training and earn a RYT 500 Certification, which qualifies you as a RYT 500 Professional Yoga Teacher.

If you are interested in our comprehensive yoga teacher training program, please submit the application form on page 10, including answers to the questions on the 11th page along with your application fee. Feel free to contact me personally at (513) 300-5586 or itsyogaindu@earthlink.net if you have questions or need more details.

Indubala Bhardwaj, ERYT 500, T500, YACEP



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 to provide a full spectrum integrated approach to yoga postures, health, and traditional yoga lifestyle choices.

Level 1 RYT 200-Hours Certification

The 200-hour training is a time-tested program designed to enhance the overall health of the yoga practitioners by deepening and refining the layers of their yoga practice. Set yourself apart from other yoga teachers by learning skills that will proactively protect against physical and mental injury as well as learning to lead a professional, safe and effective yoga class.

This customized program is an integrative approach that focuses on the new anatomic approach to the study of asanas based on *Function, Tensegrity, Fascia Alignment, and Integrated Movement*. Emphasis is placed on both physical and psychological benefits and developing a balance between strength, stability, and range of joint motion. Personal empowerment lifestyle models are presented allowing trainees to explore various traditional yoga methods that can be used to harmonize the body, mind and spirit.

Standards are enhanced in preparation for professional level training (RYT 500)

By the introduction of Raja Yoga, Yoga Philosophy, Sanskrit terminology & pronunciation, Yoga Theory and Ayurveda. We use a variety of visual aids based on: skeletal models and the study of common movement patterns that tend to result in repetitive stress injury.

Students learn to conduct classes in several styles such as Hatha, Flow, Vinyasa and Modified Ashtanga/Vinyasa Yoga so that trainees can modify their teaching repertoire according to current demands of various yoga studios. Class observations and practice teaching requirements help trainees develop experience and confidence in their teaching skills before completing the program. Nine months of free classes gives the trainee ample opportunity to improve their practice and observe experienced RYT teachers.

RYT 200 Program Content:

Functional Anatomy - bones, joint capsule mobility, common asana problems & mechanics

Integrated Movement – includes study of the effects of fascia, spinal tensegrity muscles chains and patterns relative to joint mobility

Therapeutics - - - postural diagnostics, body reading & correcting common posture problems

Facilitated Stretching - - - techniques to avoid injury by strengthening while lengthening myofascia

Adjustment Techniques - - - verbal & physical (2 finger) adjustments

Asana Technique - - - moving from the center, joint integrity, improving range of movement (ROM) plus posture benefits, contraindications

Raja Yoga - - - meditation techniques, Yoga Sutras & Philosophy

Pranayama - - - ujjayi breathing, 5 prana vayus, 5 Bhuta, subtle anatomy & chakras

Sanskrit - - - popular terminology, asana pronunciation

Theory - - - tristana, gunas, drishti, importance of bandhas

Yoga Tradition - - - history, lifestyle, and introduction to Ayurveda & Sankhya Yoga Theory

Teaching Methodology - - - practice teaching, class assisting & class observation

Ethics - - - psychology of teaching, student teacher relationships & marketing

9 Months of Free Classes for all trainees

It's Yoga requires a minimum of 100 hours of yoga class attendance during training and up to 9 months to be eligible for certification. This way yoga trainees become exposed to a variety of yoga class styles, teaching methods and teachers. If you live at a distance, we will help you to work out an alternate method of class attendance.

Eligibility is open to any sincere yoga student who has practiced yoga in a studio and thirsts for a deeper understanding of the science and tradition behind asana practice. You must also be at least eighteen years of age. With a few exceptions, we require full attendance during teacher training weekends. Missed time and material must be made up!

Required Reading during Teacher Training (included with tuition)

It's Yoga Cincinnati Teacher Training Workbook & Technique Manual, by Indubala Bhardwaj, ERYT500, T500, YACEP

Functional Anatomy of Yoga, A Guide for Practitioner's and Teachers by David Keil

The Yoga Sutras of Patanjali

Financial Arrangements & Payment Plans are available (see page #10 Questions? contact Indu Bhardwaj at 513-300-5586 or email itsyogaindu@earthlink.net

Application Form and Training Sessions are listed on page #11



RYT 200 Yoga Teacher Training Graduation Requirements

1. 200 + Training Hours

- Technique: 105 contact hours + 15 non-contact hours = 120 total hours
- Yoga Philosophy: 30 contact hours + 5 non-contact hours = 35 total hours
- Anatomy: 15 contact hours + 10 non-contact hours = 25 total hours
- Teaching Methodology: 25 contact hours = 25 total hours
- Practicum; 10 contact hours + 11 non-contact hours = 21 total hours
- Electives: 30 non-contact hours = 30 total hours

Note: Contact hours required to be under direct supervision of the Primary ERYT 500 Lead Trainor

2. Homework Assignments

- Reading and Written assignments from the *Teacher Training Workbook & Technique Manual*
- Script development
- Asana Flash Cards + Benefits & Sanskrit Pronunciation
- Teacher Training participation & 100 hours yoga class participation
- Reading assignments: **Technique Manuel, Workbook, Functional Anatomy & Yoga Sutras b**
- Assisting, Teaching & Observing yoga classes

3. Examinations (passed with a score of 70% or above)

- Anatomy
- Yoga Theory & Philosophy Exams
- Yoga Technique Exam
- Practical Examination

NOTE: 100 hours of open class attendance is required for graduation. Contact Indu at 513-300-5586 if you live out of town



Yoga Teacher Trainers

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



Indubala Bhardwaj, MT, ERYT 500, T500, YACEP Experienced Professional Yoga Teacher & Lead Trainer RYT 200/300 Teacher Training Program Director

Indu's has been teaching yoga in Cincinnati since 1980. She began her yoga practice in 1968, after meeting and being inspired by Swami Satchidananda.

After a career in classical ballet, she studied Medical Massage Therapy at the Canadian College of Massage and Hydrotherapy and was licensed in 1974. In 1976 Indu met her mentor, Pundit Yogi Raj Sharma Shastri and studied Yoga Philosophy, Sanskrit, and Brahm Vidya Shastra with him for 22 years. She then was initiated into the Mahanubhava Marg by Late Rajdhar Baba of the Samvatsar Ashram in Maharashtra in 1986. From 1980 – 1991, Indu was one of the founding fathers of Cincinnati's first Hindu Temple in Cincinnati. She served as a Board Member, holding several offices as well as Vice President and Editor of Aradhana.

In 1998 Indu co-founded the first yoga studio in the Tri-State Area (Cincinnati Yoga School). Then, in 2000 co-founded It's Yoga Cincinnati, RYS 200 & 300 as the first Yoga Alliance Registered Yoga School to train yoga teachers.

Though Indu teaches yoga classes and workshops, she has specialized in training yoga teachers for the past 22 years. On October 2016, she was honored by the Cincinnati Yoga Teachers Association with a Life-Time Achievement Award presented by The Mayor of Cincinnati and Cincinnati's sister city, Mysore, India. Indu is an expert in yoga myofascia anatomy, inspired from her background in movement, and massage along with studies with Dough Keller in "Yoga as Therapy" and "Fascia Alignment" with Thomas Meyers.

Being an avid student of intelligent movement and integrated anatomy, Indu helps yoga students learn how to approach postures with ease and awareness while at the same time incorporating breath, bandhas and drishti. She believes in living a yoga lifestyle both on and off the mat as best be defined by The Bhagavad Gita as ***"skillfulness in action"***

Certifications

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

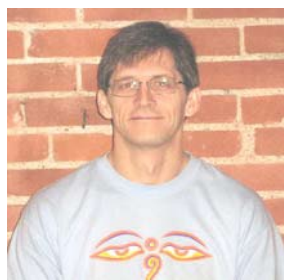
Additional Training & Workshops

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 Vinyas

Indu Cont.

Richard Freeman
David Williams
David Kiel
John Coon
Srivatsa Ramaswami
Thomas Meyers
Vyaas Houston, **American Sanskrit Institute**
Julie Cortier, **Body Mind Balance**

Ashtanga Vinyasa
Ashtanga Vinyasa
Mysore Ashtanga
Vinyasa Krama
Vinyasa Krama
Fascia Anatomy, Movement
Sanskrit 1-3 levels
Gyro tonics (9 years)



Kurt Matthys, BA, ERYT 500, T 500 **Experienced Professional Yoga Teacher & Trainer**

Kurt has studied, practiced, meditated and lived the “yoga lifestyle” for the past 22 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 Yoga philosophy. He first started studying Indian yoga texts privately with Indu Bhardwaj and studies the Yoga Sutras in both Sanskrit and English. Kurt is an enthusiastic lecturer and teacher of yoga asanas and loves introducing yoga teacher trainees to Sanskrit, yoga philosophy. In 2023 Kurt wrote and published “*The Yoga Sutras of Patanjali*” *An Accessible Commentary*.

Kurt’s personal teaching style encourages students to “*Focus on the present and be open to change.*” He believes in having fun while at the same time, he teaches his students to be flexible enough to accept new challenges. Kurt also emphasizes how important it is for students to develop their own daily yoga practice.

Formally, Kurt was a Computer Systems Architect with Fifth Third Bank until his retirement in 2020, in his spare time he also enjoys woodworking and Kirtan (singing sacred Sanskrit songs). In January 2016, Kurt was featured as “The Yogi” in Cincinnati Magazine’s article “Secrets of the Super Fit.”

Certifications

RYT 500	Ashtanga Vinyasa, Hatha & Pranayama	It’s Yoga Cincinnati
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



Paige Knollman, ERYT 500, T500 **Experienced Professional Yoga Teacher & Trainer**

Paige was voted by Cincinnati Magazine as **Northern Kentucky’s Best Fitness Instructor in 2020!**

Having 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 & Meditation in 2021. Paige is ERYT 500, Experienced Registered Yoga Teacher with the National Yoga Alliance.

In 2018 Paige became an Ayurvedic Yoga Specialist, certifying with the Himalayan Institute. And, in 2020, she continued her yoga training at The Trauma Institute at JRI, earning a Trauma Sensitive Yoga Certification. She continues 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 to adapt a yoga practice by teaching Gentle Yoga and Chair Yoga. In addition, she trains Tri –State Athletes, teaching Mobility & Balance for Division I 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 incorporating principals of fascia alignment. And she loves to assist her students in adapting to 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
RYT 100 Ayurvedic Yoga Specialist
RYT 20 Hatha Yoga Pradipika

It’s Yoga Cincinnati
Himalayan Institute – Kathryn Tempelton
Himalayan Institute – Sandra Anderson

Additional Training & Workshops

Richard Freedman
Doug Keller
Mike Butcher – **Body Mind Balance**
Julie Cordier – **Body Mind Balance**

Bhagavad-Gita
Anatomy, Sacram & SI Joint Stability
Power Pilates, Level 1
Gyro tonics



200 Hour Weekend Teacher Training Payment Plans – Spring/Summer 2022

Option #1:

Pre-payment Special Prior to September 22nd

Paid in-full upon registration \$2,600 (early discount includes registration fee)

Option #2:

\$500 registration fee (prior to 1st Session)

\$2,200 balance Due on 1st Session Sept. 22nd

Total payment \$2,700

Option #3:

\$500 registration fee (due prior to 1st session)

\$450, 5- Session payment plan (Due: 2nd through 6th Sessions)

Total payment: \$2,750

Option #4:

\$500 registration (prior to 1st session)

\$295, 8- Session payment plan (Due: 2nd Session through 9th Session)

Total payment: \$2,860

Free TT Yoga Class Pass begins upon receipt of \$500 Registration



It's Yoga Cincinnati, RYS 200 & 300

RYT-200 RYT Yoga Teacher Training Application

Name _____ Date _____

Address _____ Apt _____

City _____ State _____ Zip _____

Phone Numbers: Cell _____ Date of Birth: _____

Email _____

Referred By _____

RYT 200 hour 2023 Dates; Nine Weekend Sessions over Six Months:

Session 1. Sept. 22nd – 24 (3 day workshop) *8 AM – 5PM

Session 2. Oct. 14 – 15 Session 3. Oct. 28 -29 Session 4. Nov. 18 – 19 Session 5. Dec. 16 – 17

Session 6. Jan. 13 – 14 Session 7. Feb. 10 - 11 Session 8. Mar. 2 - 3 Session 9. Mar.30 – 31

Sessions #2 - #9 are on Saturday & Sunday 7:15 AM – 6:00 PM. Exam Date to Be Announced

- Deposit of \$500 must accompany application to reserve your spot
- A \$50 non-refundable processing fee is included with your deposit
- A full refund (minus processing fee) 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)

Application Form page 2

Please 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?

If you teach, how long have you been teaching?

Do you practice meditation and 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?

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

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

Will you require assistance in finding a place to live during your training?