



Dear Prospective Yoga Teacher,

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 16 years' experience training yoga teachers, we are proud of our outstanding teacher trainers and our reputation for producing top-quality creative teachers who live and love the yoga lifestyle. Our teacher 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 on two distinct but complementary styles:

- **Ashtanga Yoga**      The most challenging style of classical yoga
- **Hatha Yoga**        Individualized postural alignment as well as the  
Traditional meditative style for any level

Both 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, anatomy, subtle anatomy, kinesiology, and Sanskrit.

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.

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

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

Please feel free to contact me personally at (513) 324-4654 or [itsyogamike@earthlink.net](mailto:itsyogamike@earthlink.net) if you have questions or would like to discuss our teacher training program in more detail.

Michael Burgasser, ERYT 200 / RYT 500  
Owner, It's Yoga Cincinnati RYS



A National Yoga Alliance Registered Yoga School

## **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 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 safe and effective yoga class.*

**This customized program is an integrative approach** that focuses on scientific study of asanas, which incorporate elements of facilitated stretching, bio-mechanics and movement therapeutics. Emphasis is placed on both physical and psychological benefits of yoga, including muscle flexibility, strength, balance and range of joint motion. Personal empowerment lifestyle models are presented in order to allow trainees to explore various traditional methods that can be used to harmonize the body, mind and spirit.

**Standards are enhanced in preparation for professional training (RYT 500)** by the introduction of Raja Yoga, Yoga Philosophy and Sanskrit terminology. Yoga Anatomy and postural mechanics are taught on three levels, verbal, visual and experiential. We use a variety of visual aids based on: skeletal models, kinesiology 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, Vinyasa and Modified Ashtanga/Power 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

## **Program Content:**

*Anatomy* - - 3 D Anatomy & study of bones, joints & muscles

*Kinesiology* - - muscle movement relative to joint mobility

*Therapeutics* - - - postural diagnostics & anatomical postural alignment

*Facilitated stretching* - - - stretching techniques to avoid pain & injury

*Postural Adjustment Techniques* - - - verbal & physical

*Asana Technique* - - - benefits, contraindications, agonist, antagonist & synergist

*Raja Yoga* - - -intro to meditation techniques, Yoga Sutras & Philosophy

*Pranayama Techniques* - - - 5 prana vayus, mantra, subtle anatomy & chakras

*Sanskrit* - - - terminology, asana pronunciation

*Trishtana* - - - drishti, bandhas & ujjayi breathing

*Yoga Tradition* - - - history, lifestyle, and intro to Ayurveda

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

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

## **Classes are Free for all trainees during the RYT 200 program**

We encourage class attendance so that yoga trainees become exposed to a variety of yoga class styles and teaching methods.

## **All materials are included with tuition.**

You can guarantee your participation by completing and mailing an application form along with a \$500 deposit.

**Eligibility** is open to any sincere yoga student that has practiced yoga for at least one year and who thirsts for a deeper understanding of the science and tradition behind the asana practice. You must also be at least eighteen years of age.

## **Required Reading during Teacher Training (included with tuition):**

It's Yoga Cincinnati Teacher Training Manual, Indubala Bhardwaj

It's Yoga Cincinnati Technique Manual, Indubala Bhardwaj

Functional Anatomy of Yoga by David Keil

Moola Bandha The Master Key, Swami Buddhananada

Yoga Sutras, Swami Satchidananda

## **Optional Reading:**

The Concise Book of The Body, Chris Jarmey

**Financial Arrangements & Payment Plans are available** and can be arranged by contacting Mike Burgasser at [itsyogamike@earthlink.net](mailto:itsyogamike@earthlink.net)



# It's Yoga Cincinnati

## Yoga Teacher Training Graduation Requirements

### 1. 200 or more 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 are under the direct supervision of Primary ERYTs

### 2. Homework Assignments

- Reading and Written assignments from the *Teacher Training Workbook & Technique Manual*
- Script development
- Asana Flash Cards + Benefits & Sanskrit Pronunciation
- Class participation and Participation in yoga classes
- Reading assignments: **Anatomy, Yoga Sutras & Moola Bandha** books
- Assisting & Observing yoga classes

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

- Anatomy/Kinesiology Exam
- Yoga Theory & Philosophy Exams
- Yoga Technique Exam
- Practical Exam



## Yoga Teacher Trainers

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

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### **Michael Burgasser, MA, ERYT 500, T500 Yoga Teacher Training Program Director**

Mike brings a sense of playfulness and challenge to his yoga classes. His specialty is hands-on postural adjustments to help students achieve a deeper yoga experience. Mike's teaching philosophy is *"Keep it light and have fun."* Mike also conducts classes and workshops in Thai Yoga Therapy. Corporate yoga classes for business and organizations keep him busy when he is not teaching in the studio.

Mike has over twenty years' experience as a Personal Trainer and Health Educator. He served as a Wellness Program Coordinator for St. Luke Hospital and as Program Director for AT&T Fitness. Mike became interested in yoga in 1996 as a student of Vicki Russell Bell. He was Impressed with the physical benefits of yoga, integrating it into his Personal Training Programs. In 1999 Mike met Larry Schultz who introduced a new innovative yoga style, the Modified Primary. This inspired Mike to study Ashtanga with Tim Miller. He began teaching Ashtanga Yoga at Cincinnati Yoga School & Bookstore. He co-founded It's Yoga Cincinnati with Indu in 2000. Since 2001 he has served as an experienced yoga teacher trainer and as the administrator of its Yoga Cincinnati.

### **Certifications**

RYT 500 Hours Ashtanga, Vinyasa & Hatha, It's Yoga Cincinnati  
T 200 Experienced Yoga Teacher Trainer, National Yoga Alliance  
RYT 100 Hours Ashtanga Teacher Training, Tim Miller  
RYT 20 Hours Advanced Yoga Therapy, Doug Keller  
RYT 40 Hours Yin Yoga, Paul Grilley

### **Additional Training**

Pattabhi Jois – Ashtanga  
Richard Freeman – Ashtanga  
David Williams – Ashtanga  
David Swenson - Ashtanga  
Larry Schultz – Ashtanga & Rocket 1  
Doug Swenson – Vinyasa, Soft Form  
Srivatsa Ramaswami – Vinyasa Krama  
Wendy Pomeraning – Ayurveda

### **Memberships**

National Yoga Alliance  
International Yoga Therapy Association



## **Indubala Bhardwaj ERYT 500, MT**

Teacher Training Program Creator

Indu's background reveals her lifelong passion to study, practice and share her vast yoga knowledge gained from 43 years of experience. Indu's interest in yoga started in 1968 when she met Swami Satchidananda while studying at the American Musical and Dramatics Academy in New York City. Inspired by him, she immediately dedicated her life to yoga, self study (svadhyaya) and service (seva). After a short career in classical dance and Bharatnatyam, Indu obtained her LMT, massage therapy license from the Canadian College of Massage & Hydrotherapy.

In 1976, Indu met her mentor, Guru and eternal friend, Pundit Yogi Raj Sharma Shastri Ji. For ten years, Indu had to demonstrate her worthiness to be accepted as his student by studying Vedic history, Sanskrit, and philosophy. Finally, in 1986, she was accepted and initiated into the Mahanubhava Marg of Brahavidya Shastra. Indu studied under her Guru for 22 years until he relinquished his body. Due to her Guru's suggestion, she opened one of the first yoga schools in Ohio (Cincinnati Yoga School) and co-founded It's Yoga Cincinnati, Ohio's first Ashtanga yoga school.

Indu received her 500-hour RYT Certification in Hatha, Pranayama and Meditation from Integral Yoga, and earned additional certifications in Cardiac Yoga Therapy and Raja Yoga. She later completed a RYT 200-hour Certification in Ashtanga Vinyasa. Additionally, she has studied: Ashtanga with Pattabhi Jois, Richard Freeman and David Williams; Vinyasa with Eric Shiffman; Vinyasa Krama with Srivatsava Ramaswami; Yin Yoga with Paul Grilley; Sanskrit with Vyaas Houston; Anatomy with James Sosebee and Thomas W. Meyers. During past four years Indu has learned Advanced Yoga Therapy from Doug Keller and Advanced Yoga & Ayurveda from David Frawley. She has taken workshops with many other inspirational teacher including David & Doug Swenson, Brian Kest, Beryl Bender Birch, Eddie Modestino, Shiva Rae, etc.

Indu has served as the Chairman of the Cincinnati Yoga Teachers Association, is a member of the Integral Yoga Teachers Assoc., and the International Yoga Therapy Assoc. She served as Vice-President of the Hindu Assoc. of Greater Cincinnati and held past positions as, Children's Education Chairman, Puja Chairman and Editor of *Aradhana*.

Due to Indu's background in massage therapy and as an avid student of anatomy, she is inspired by the new anatomical concepts of Ida Rolf and Thomas W. Meyers. Indu incorporates many of these concepts in her approach to yoga alignment technique.

Indu has conducted workshops locally, nationally and internationally.

Her personal philosophy is "work smarter, not harder". To achieve this, she teaches traditional yoga, incorporating new alignment and mindfulness techniques, to create balance between strength and flexibility. Indu passionately believes that the goal of yoga can be attained through "skillfulness in action" both on and off the mat!



### **Kurt Matthys, BA, ERYT 200, T 200 & RYT 500**

Kurt is a true practicing yogi who lives a life of inspiration both on and off the mat. He is a seasoned and well-rounded yoga teacher trainer who has earned the respect of his many students and the studios where he teaches. During the past thirteen years, he especially enjoys introducing yoga students to the science of meditation, pranayama, and philosophy as well as to the yoga lifestyle. Kurt specializes in teaching classical Ashtanga Vinyasa. His personal teaching style is to encourage

students to *“Focus on the present and be open to change.”* Kurt has been practicing yoga since 1995, beginning with Kripalu style yoga. In 1998 he was introduced to Ashtanga Vinyasa and has never looked back. For the past fifteen years, he has studied Sanskrit, Yoga Sutras, Bhagavad Gita and yoga philosophy privately with his mentor, Indubala Bhardwaj. Kurt is well-known in Ohio as one of the few yogis who mastered the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Ashtanga Series.

#### **Certifications**

RYT 500 Hours Ashtanga, Vinyasa & Hatha, It’s Yoga Cincinnati  
ERYT 200 Hours Experienced Yoga Teacher, National Yoga Alliance  
T 200 Experienced Yoga Teacher Trainer, National Yoga Alliance  
RYT 15 Hours Introduction to Sanskrit, Indubala Bhardwaj  
RYT 40 Hours Yin Yoga, Paul Grilley

#### **Additional Training**

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

#### **Memberships**

National Yoga Alliance

#### **Additional**

Kurt is a Computer Systems Architect with Fifth Third Bank. In his spare time Kurt enjoys woodworking and rock climbing, along with meditation, kirtan, reading ancient yogic texts and studying yoga anatomy. Committed to a daily personal practice of pranayama and meditation, Kurt strongly encourages his yoga students to develop their own personal practice.

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# **It's Yoga Cincinnati, RYS**

## **200 RYT Yoga Teacher Training Application**

### **2017 - 2018**

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Apt \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Numbers: Cell \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email \_\_\_\_\_

Referred By \_\_\_\_\_

#### **200 hour Level 1, 9 Monthly Weekends (2<sup>nd</sup> weekend each month)**

September 8, 2017 – May 13, 2018 Tuition \$3, 000 \_\_\_\_\_

#### **200 hour Level 1 Summer Intensive**

June 11 – July 16, 2017 Tuition \$2, 600 \_\_\_\_\_

**Inquire about payment plan options [itsyogamike@earthlink.net](mailto:itsyogamike@earthlink.net)**

- 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 program withdrawal occurs before start date
- There are no refunds for previously attended sessions
- Training Material must be returned if 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?



## **200 Hour Weekend Teacher Training Payment Plans**

### **Option#1:**

Payment in full on registration: \$2800  
(\$200 discount)

### **Option#2:**

\$500 deposit on registration  
\$2400 balance due on 1<sup>st</sup> day of class  
(\$100 discount)

### **Option #3:**

Monthly payments  
\$500 deposit on registration  
\$625 due each of the next 4 weekends  
Total payment: \$3000, if paid in full by Dec.31.

### **Option #4:**

Extended Monthly payments via automatic credit card charges.  
\$500 deposit on registration  
\$300 due each weekend of the trainings  
Total payment: \$3200



## Summer Teacher Training Payment Plans

### **Option#1:**

Payment in full on registration: \$2500  
(\$100 discount)

### **Option#2:**

\$500 deposit on registration  
\$2050 balance due on 1<sup>st</sup> day of class  
(\$50 discount)  
Total payment: \$2550

### **Option #3:**

3 Monthly payments  
\$867 deposit on registration  
\$867 due on the first day of training  
\$866 due on the last day of training  
Total payment: \$2600

### **Option #4:**

Credit card financing.  
\$500 deposit on registration  
\$550 due on the first day of the month  
for 4 consecutive months  
Total payment: \$2700