



It's Yoga 300 hr RYT Teacher Certification

This additional 300 hour program leads to a 500 hour Yoga Alliance Registration. It is designed to enhance teaching skills by establishing a firm foundation of yogic knowledge designed to produce well-rounded, full spectrum professional yoga teachers. Advanced yoga theory, technique, and therapeutics will be taught in relation to muscular kinesiology, myofascial sheaths, bio-tensegrity of connective tissue and its influence on muscle and boney anatomy. The science of Ayurveda along with a detailed study of energy patterns in relation to asana, prana, nadis and marmani will be used to diagnose and correct postural and lifestyle imbalances. Trainees will learn how to teach and practice the traditional postures of the Primary and Second Series with postural adaptations, along with verbal and physical adjustments. Advanced pranayama and meditation techniques will be practiced and insights recorded to track personal progress. Samkhya cosmology will be will be introduced so that the trainee fully understands the foundation of yogic theory, ontology and literature. The wisdom of the 2nd and 3rd Padas of the Yoga Sutras and the teachings of the Bhagavad Gita will be explored as well as various yogic lineages including Tantra and Vedanta.

Cost: \$4000 for 300 hour RYT program.

**A \$500 deposit will hold your spot. Balance due the first day of training.
Payment Plans Available**

It's Yoga-Cincinnati, 346 Ludlow Ave. Cincinnati, OH 45220 513-961-9641

2017 Advanced Teacher Training Dates

Friday 6pm – 9:30pm

Saturday: 7:30am – 6:30pm

Sunday: 7:30am – 6:30pm

2017 3rd weekend per month

1/20 – 1/22

2/17 – 2/19

3/17 – 3/19

4/21 – 4/23

5/19 – 5/21

6/16 – 6/18

7/14 – 7/16

8/18 – 8/20

9/15 – 9/17

10/20 – 10/22

11/17 – 11/19

12/15 – 12/17

300 hr RYT Advanced Teacher Training Schedule Template

Friday

	Hours		
6:00 – 7:45 PM	1.75 T	Yoga Adventure	Kurt
8:00 – 9:30 PM	1.5 E	Quiz / Homework Review	Mike

Saturday

7:30 – 8:45 AM	1.25 A	Subtle Anatomy/Body Systems	Marietta
9:00 – 10:30 AM		Vinyasa Flow 2	Indu
	1.5 T	OR	
10:45 – 12:00 PM		Mixed Level Ashtanga	Nikki
12:15 – 1:45 PM	1.5 E	Yoga for Special Populations	Jo
1:45 – 3:45 PM	2.0 PH	Yoga Philosophy	Kurt
3:45 – 4:30 PM		Break	
4:30 – 5:30 PM	1.0 T	Physical Anatomy	Mike
5:30 – 6:30 PM	1.0 A	Teaching Methodology	Mike

Sunday

7:30 – 9:00 AM	1.5 T	Meditation/Pranayama/Postural Diagnostics	Indu
9:00 – 10:45 AM		Level 2 Ashtanga	Indu
	1.5 T	OR	
11:00 – 12:15 PM		Subtle Body Yoga	Emily
12:15 – 3:15 PM	3.0 E	Ayurveda & Yoga	Indu
3:15 – 4:00 PM		Break	
4:00 – 5:30 PM	1.5 T	Asana Technique	Mike
5:30 – 6:30 PM	1.0 P	Practicum	Mike

Required Areas of Study	Min. Contact Hrs
T = Technique	60
P = Practicum	12
A = Anatomy	12
E = Electives	111
TM = Teaching Methodology	12
PH = Philosophy	<u>22</u>
Total minimum contact hours	265

It's Yoga Advanced Teacher Trainers

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



Michael Burgasser, MA, ERYT 500, YACEP 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 200 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 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

Additional

During his free time, he practices his Tango moves on the dance floor. He also plays guitar and harmonica for Destiny-in-August.

Indubala Bhardwaj ERYT 500, YACEP

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.

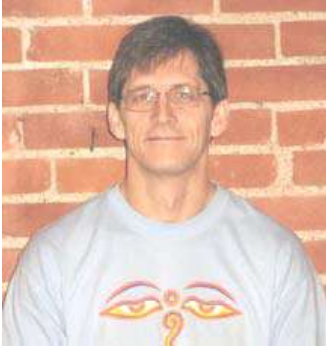
Indu received her 500-hour RYT Certification in Hatha, Pranayama and Meditation from Integral Yoga, and earned additional certifications in Cardiac Yoga Therapy and Raja Yoga. She later completed a RYT 200-hour Certification in Ashtanga Vinyasa. Additionally, she has studied: Ashtanga with Pattabhi Jois, 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 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

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 1st, 2nd, and 3rd 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.



It's Yoga Cincinnati, RYS

300hr RYT Yoga Teacher Training Application

2017

Name _____ Date _____

Address _____ Apt _____

City _____ State _____ Zip _____

Phone Numbers: Cell _____

Email _____

Referred By _____

300 hour RYT, 12 Monthly Weekends (3rd weekend each month)

January 20, 2017 – December 17, 2017 Tuition \$4,000 _____

Includes an unlimited yoga class pass for the duration of the training.

Inquire about payment plan options 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:

Where and when did you received your RYT 200-hour training? Graduation date?

Are you registered with the National Yoga Alliance? If so, give your registration date.

How long have you been teaching, and how many hours a week?

Are you insured (for malpractice)? If so, by what agency? Please give expiration date.

Do you practice regularly practice pranayama and meditation?

Have you studied any yogic texts? Which ones?

Why do you wish to train in the It's Yoga Ashtanga/Hatha system?

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, old injuries and current problems.

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

It's Yoga Cincinnati
300 Hour RYT Weekend Teacher Training
Payment Plans

Option#1:

\$4000 payment in full on registration

Option#2:

\$500 deposit on registration

\$3525 balance due on 1st day of class

Total payment: \$4025

Option #3:

Monthly payments

\$500 deposit on registration

\$625 due on the first of each month for 6 consecutive months via automatic credit card charge.

Total payment: \$4250

Option #4:

Extended Monthly payments

\$500 deposit on registration

\$325 due on the first of each month for 12 consecutive months via automatic credit card charge.

Total payment: \$4400