



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) 300-5586 or [itsyogaindu@earthlink.net](mailto: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  
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:**

**Functional Anatomy** - - study of bones, joints, myofascia & common posture problems

**Kinesiology** - - muscle movement relative to joint mobility

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

**Facilitated Stretching** - - - techniques to avoid pain or injury

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

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

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

**Pranayama** - - - 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

## **8 Months of Free Classes for all trainees during the 6-month RYT 200 program**

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

**Eligibility** is open to any sincere yoga student who 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**

It's Yoga Cincinnati Teacher Training Workbook & Technique Manual, by Indubala Bhardwaj ERYT 500 *(included with tuition)*

Yoga Sutras Simplified by Indubala Bhardwaj ERYT 500 *(included with tuition)*

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

The Yoga Sutras of Patanjali, Translation and Commentary by Swami Satchidananda

## **Optional Reading:**

The Concise Book of the Body, by Chris Jarmey

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



## **RYT 200 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: **Functional Anatomy & Yoga Sutra** books
- Assisting, Teaching & 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*



### **Indubala Bhardwaj, MT, ERYT 500, T500, YACEP**

**RYT 200/300 Teacher Training Program Director & Author**

Indu's has been teaching yoga for 38 years. Her background reveals a lifelong passion to study, practice and share her vast yoga knowledge gained from many years of experience. Indu began practicing yoga in 1968 after meeting Swami Satchidananda while attending the American Musical and Dramatics Academy in New York City. After a career in classical dance, Indu became a Licensed

Massage Therapist in Toronto at the Canadian College of Massage and Hydrotherapy in 1974.

After eight years of yoga practice, in 1976 Indu met her mentor and Guru, Pundit Yogi Raj Sharma Shastri. Indu continued her studies with him in Traditional Yoga, Sanskrit, Bhagavad Gita and Brahm Vidya philosophy for another 22 years until he left his body. In 1986 she was honored by being initiated into the Mahanubhava Marg by the late Rajdhar Baba of the Samvatsar Ashram in Maharashtra.

Indu began teaching yoga in 1980 after moving to Cincinnati. In 1998, she co-founded the first yoga school in the Tri-State Area (Cincinnati Yoga School) and in 2000 co-founded It's Yoga Cincinnati. Indu developed Ohio's first and longest running Yoga Alliance RYT Yoga Teacher Training Program in 2001. Indu teaches yoga and workshops nationally while continuing to train yoga teachers for the past 18 years. In October 2016, Indu 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 by Doug Keller and Thomas Meyers. An avid student of fascia movement and yoga, she applies this approach and teaches it to her yoga students. As a result, her students rapidly improve their asanas, enabling them to move deeper into their yoga practices without injury.

Indu believes in living a yoga lifestyle both on and off the mat. It can best be defined according to 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 80	Yin Yoga	Paul Grilley
RYT 150	Raja Yoga	Integral Yoga
RYT 75	Cardiac Yoga	Integral Yoga

#### **Additional Training & Workshops**

Certified M.S. Yoga Instructor  
Certified in Pilates & Allegro Reformer

National Multiple Sclerosis Society  
Twenty First Century Pilates Training

Certified Fitness & Aerobics Instructor  
Pattabhi Jois  
Richard Freeman  
David Williams  
John Coon  
Srivatsa Ramaswami  
Thomas Meyers  
Vyaas Houston, American Sanskrit Institute  
Julie Toren, Body Mind Balance

Exercise Science Alliance  
Ashtanga Vinyasa  
Ashtanga Vinyasa  
Ashtanga Vinyasa  
Vinyasa Krama  
Vinyasa Krama  
Fascia Anatomy, Movement & Yoga  
Sanskrit 1-3 levels  
Gyrotonics (3 years)



## **Kurt Matthys, BA, ERYT 500, T 500 RYT 200/300 Experienced Teacher Trainer**

Kurt has studied, practiced and lived the “yoga lifestyle” for the past 24 years. He is 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 1<sup>st</sup> & 2<sup>nd</sup> Ashtanga Series and continues to work on the 3<sup>rd</sup> Series.

For years Kurt has been an enthusiastic student and teacher of Indian philosophy. He began by studying Indian yoga texts privately with Indu Bhardwaj and still continues this practice. He currently participates in a philosophy study group and mediates 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, yoga philosophy as well as 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 Computer Systems Architect with Fifth Third Bank, in his spare time Kurt also 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.”

### **Certifications**

RYT 500 Ashtanga Vinyasa & Hatha  
RYT 40 Yin Yoga  
RYT 60 Introduction to Sanskrit

It’s Yoga Cincinnati  
Paul Grilley  
Indubala Bhardwaj

### **Additional Training& Workshops**

Vicky Sorenson  
David Swenson  
David Williams  
Larry Schultz  
Doug Swenson  
Srivatsa Ramaswami  
Pundit Rajmani Tigunait  
David Frawley  
Wendy Pomeraning

Ashtanga Vinyasa  
Ashtanga Vinyasa  
Ashtanga Vinyasa  
Ashtanga Vinyasa & Rocket Yoga  
Vinyasa/ Soft Form  
Vinyasa Krama  
Tantra (Himalayan Academy)  
Ayurveda & Yoga  
Ayurveda



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## **Michael Burgasser, MA, ERYT 500, T500, YACEP RYT 200/300 Experienced Yoga Teacher Trainer**

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 of Ashtanga Vinyasa, the Modified Primary. This inspired Mike to study Ashtanga with Tim

Miller. He then began teaching Ashtanga Yoga at Cincinnati Yoga School & Bookstore. In 2000 he co-founded It's Yoga Cincinnati with Indu. Since 2001 he has served as an experienced yoga teacher trainer and 17 years as the Administrator of its Yoga Cincinnati. When training yoga teachers, he specializes in Practice Teaching Methodology which prepares new trainees to expertly lead a Modified Primary class. Corporate yoga classes for business and organizations keep him busy when he is not at the studio.

Mike also conducts classes and workshops in Thai Yoga Therapy (Nuad-Bo-Rarn) and Medical Qigong. Thai yoga therapy is a part of the traditional healing system of Thailand. It has been practiced by Buddhist monks for the last 2500 years, but not introduced in the United States until 1990. He has recently developed a yoga program teaching mature students (50+).

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."

### **Certifications**

RYT 500	Ashtanga, Vinyasa & Hatha	It's Yoga Cincinnati
RYT 100	Ashtanga Teacher Training	Tim Miller
RYT 20	Advanced Yoga Therapy	Doug Keller
RYT 40	Yin Yoga	Paul Grilley

### **Additional Training & Workshops**

Pattabhi Jois	Ashtanga Vinyasa
Richard Freeman	Ashtanga Vinyasa
David Williams	Ashtanga Vinyasa
David Swenson	Ashtanga Vinyasa
Larry Schultz	Ashtanga Vinyasa & Rocket Yoga
Doug Swenson	Vinyasa/ Soft Form
Srivatsa Ramaswami	Vinyasa Krama
Wendy Pomeraning	Ayurveda
Rose Griscom	Northern Style Thai Yoga Therapy
Michael Leone/Jason Campbell	Medical Qigong



## **It's Yoga Cincinnati, RYS 200/300**

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

**2018 – 2019**

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

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

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

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

Email \_\_\_\_\_

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

#### **200 hour Level 1, Nine Weekends over Six months**

September 14, 2018 – February 27, 2019 Tuition \$3,000 \_\_\_\_\_

**Inquire about payment plan options 513-300-5586 or [itsvogaindu@earthlink.net](mailto:itsvogaindu@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.

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*(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 sessions  
Total payment: \$3000, if paid in full by the 4<sup>th</sup> session.

### **Option #4:**

Extended Monthly payments via automatic credit card charges.  
\$500 deposit on registration  
Seven session payments of \$375  
Total payment: \$3125