

It's Yoga

RYT 200-hour Yoga Teacher Training





Dear Prospective Registered 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 19 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 styles
- **Hatha Yoga** Individualized postural alignment as well as the Traditional meditative yin style for any yoga 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, fascia alignment, 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. 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 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 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 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.

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 yoga 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, Sanskrit terminology, Yoga Theory and Cosmology. 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/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 at It's Yoga gives the trainee ample opportunity to improve their practice and observe experienced RYT teachers.

RYT 200 Program Content:

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

Kinesiology & Fascia Alignment - - 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 - - - meditation techniques, Yoga Sutras & Philosophy

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

Sanskrit - - - terminology, asana pronunciation

Theory - - - tristana, gunas, drishti, & bandhas

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

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

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

9 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 (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, Translation and Commentary by Swami Satchidananda

Financial Arrangements & Payment Plans are available (see page #9) or can be arranged by contacting Indu Bhardwaj at 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. She dedicated herself to the study, and practice of yoga and shares her vast yoga knowledge gained from many years of experience. Indu began her yoga practice in 1968 after meeting Swami Satchidananda. After a career in classical dance, Indu became a Licensed Massage Therapist at the Canadian College of Massage and Hydrotherapy in 1974.

1976 Indu met her mentor and Guru, Pundit Yogi Raj Sharma Shastri and for 22 years she studied Traditional Yoga Philosophy, Sanskrit, and Brahm Vidya Shastra with him. In 1986 she was by 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 and in 1998 co-founded the first yoga studio in the Tri-State Area (Cincinnati Yoga School). Then, in 2000 co-founded It's Yoga Cincinnati, RYS as the first Yoga Alliance Registered Yoga School. Since 2001 it is the first and longest running RYT 200 Yoga Teacher Training Program in Ohio.

Indu teaches yoga classes and workshops nationally while specializing in yoga teacher training for the past 19 years. On 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 from her background in movement, and massage along with studies in "Yoga as Therapy" with Doug Keller and "Fascia Alignment" with Thomas Meyers. Being an avid student of intelligent movement generated from within, she teaches students how to effortlessly approach postures with ease and with increased awareness of the Tristana state within.

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
 David Kiel
 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
 Mysore
 Vinyasa Krama
 Vinyasa Krama
 Fascia Anatomy, Movement & Yoga
 Sanskrit 1-3 levels
 Gyrotonics (4 years)



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

Kurt has studied, practiced, meditated and lived the “*yoga lifestyle*” for the past 25 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 participate 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, 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

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



**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
Michael Leone/Jason Campbell	Medical Qigong



200 Hour Weekend Teacher Training Payment Plans March 2019

Option#1:

Pre-payment Special

Paid in-full upon registration (prior to March 1st): \$2,400

(free It's Yoga classes begin upon payment)

Option#2:

\$500 deposit upon registration

\$2,000 balance due at 1st Session

Total payment: \$2,500

Option #3:

Session payments

\$500 deposit upon registration

\$440 due each of the next 5 sessions

Total payment: \$2,700 (if paid in full by the 5th session)

Option #4:

Extended payments

\$500 deposit on registration

8 session payments of \$300

Total payment: \$2900



It's Yoga Cincinnati, RYS 200/300

RYT-200 RYT 2019 Yoga Teacher Training Application

Name _____ Date _____

Address _____ Apt _____

City _____ State _____ Zip _____

Phone Numbers: Cell _____ Date of Birth: _____

Email _____

Referred By _____

2019 RYT 200 hour Level 1, Nine Weekends over Six months:

March 1 -3, March 15 - 17, April 5 – 7, April 26 - 28, May 24 – 26, June 7 – 9, June 21 – 23,
July 12 -14, July 26 – 28

Tuition \$2,500 *(see page 8 for discounted rate and payment plans)*

For more information contact Indu at 513-300-5586 or email itsyogaindu@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 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?