

It's Yoga, Cincinnati, RYS 200 & 300

RYT300 hour Yoga Teacher Training Packet

RYT500 Certification



346 Ludlow Ave. 2nd Floor

Cincinnati, OH 45220

yogagarage.com

513-300-5586 (Indu) 513-961-9642 (Studio)



Dear RYT 200 Yoga Teacher,

Thank you for inquiring about our RYT 300 Yoga Alliance Training Program. Upon completion, you will also receive a RYT500 Certification and be eligible to apply for a RYT500 Professional Yoga Teacher Certification with the Yoga Alliance.

It's Yoga Cincinnati is the first Yoga Alliance Registered School (RYS 200 & 300) 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.

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*** and the ***Bhagavad Gita***, yoga theory, anatomy, subtle anatomy, fascia alignment, biotensegrity, Somatics, and yoga as movement therapeutics.

A unique aspect of our program is the opportunity for practice teaching, assisting classes and subbing. Prospective teachers can gain real practical experience through observing, assisting and critiquing classes. This allows the prospective yoga teacher to gain experience and confidence in their teaching abilities. The RYT 300 9-month, 12 session training includes one year of free classes at It's Yoga. We encourage participating in a minimum of 3 classes per week at It's Yoga to incorporate techniques you are learning into your practice. At the same time you will deepen your practice and develop your physique by using your new understanding about movement.

If you are interested in our comprehensive yoga teacher training program please submit in person or mail 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.

Our Level 2, RYT 300 Hours will Qualify you as a Professional Level RYT 500 Teacher Training Certification

The 300 hour training is a program designed to enhance the overall health of the yoga practitioners by deepening and refining the layers of your yoga practice allowing you to understand how to bring your clients into a deeper mindful practice. Set yourself apart from other yoga teachers by learning skills that will proactively protect against physical injury as well as learning to lead a safe and effective Intermediate/Advanced Yoga Class. You will be able to help students understand how to move into more integrated postures with ease, reverse posture deformities and improve structural alignment.

This customized program is an integrative approach that focuses on the scientific study of asanas, which incorporate elements of Biomechanics, Myofascial Alignment, Biotensegrity, Somatics In Action and other movement modalities. Emphasis is placed on both physical and psychological benefits of yoga, including finding a balance between flexibility, strength, and healthy range of joint movement. Personal empowerment lifestyle models are presented in order to allow trainees to explore both traditional and new scientific yoga methods that can be used to harmonize the body, mind and spirit.

Trainees will learn to teach Ashtanga Primary Series along with an Introduction to Second Series as well as Advanced Hatha and Vinyasa. They will learn to modify teaching

repertoire according to current demands of their clients and various yoga studios. Class observations and critique along with practice teaching helps trainees develop experience and confidence in their teaching skills before completing the program. During the 12 months of free classes at It's Yoga gives teachers ample opportunity to improve their practice and observe our experienced RYT 500 teachers.

Eligibility is open to any RYT 200 yoga student who has taught yoga for at least one year and has an established vinyasa practice. They should have a thirst for a deeper understanding of the science behind the asana. You must also be at least eighteen years of age.

Required Materials

Functional Anatomy of Yoga, A Guide for Practitioners and Teachers by David Keil
The Yoga Sutras of Patanjali, Translation and Commentary by Swami Satchidananda
Other literature will be provided as well as the It's Yoga RYT300 Teacher Training Workbook & Technique Manual.

Tuition is \$3,400: Early Bird Discount (see page 10), Payment Plans and Financial Arrangements are available by contacting Indu Bhardwaj at itsyogaindu@earthlink.net



RYT 500 Yoga Teacher Training Graduation Requirements

1. Techniques, Training and Practice – 150 hours (100 minimum contact hours with lead trainer)

- How to teach challenging asanas and learn new asana techniques
- A Guided practice by the Lead Trainer of *how to perform various techniques*

New Techniques include; Embodied Movement, Asana Biomechanics, Asana Modification, Advanced Pranayama and Meditation, Use of Bandhas to prevent injury during advanced practices.

2. Teaching Methodology – 30 hours (20 minimum contact hours with lead trainer)

- Communication skills, addressing the needs of students, teaching special populations
- Principles of demonstration, observation, assisting & verbal/physical corrections
- Teaching styles
- Qualities of a teacher
- Business aspects of teaching yoga; marketing and legal (5 contact hours required)

3. Anatomy & Physiology – 35 hours (20 minimum contact hours)

- Physical & Functional Anatomy for Yoga
- Myofascial Tissue & Biotensegrity and study of Posture Deviation Patterns
- Intro. to Ayurveda

15 hour minimum requirement; spent applying anatomy and physiology on yoga only.

4. Yoga Philosophy, Lifestyle, & Ethics for Yoga Teachers – 60 hours (45 minimum contact hours with lead trainer)

- Yoga Sutras (Review Padas 1 & 2. Focus on Pada 3 & 4)
- Bhagavad Gita (a practical yoga lifestyle guide on how to act, live & work without producing adverse effects).
- Value of teaching yoga as a service and being of service to others (Seva).
- Yoga Ethics (**4 minimum contact hours with lead trainer**)

5. Practicum – 40 hours (20 minimum contact hours + 10 minimum contact hours with lead trainer)

- Practice teaching as the lead instructor
- Observing RYT 500 Teachers teaching classes
- Receiving and giving feedback
- Assisting students while a RYT500 teacher is teaching

6. Remaining Contact Hours (85)

- Working with posture deformities and negative holding patterns due to past injury
- Somatics and Yoga to develop easeful, balanced movement
- Subtle Anatomy (Srotas, Nadis & Chakras)
- Counting in Sanskrit for the Primary Series

Homework Assignments

- Reading and Written assignments from the *Teacher Training Workbook, Technique Manual and other Articles & Books*
- Script development
- Asana Flash Cards + Benefits/Counter Indications & Sanskrit Pronunciation
- Class Participation in yoga classes (100 hours, suggested minimum)

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

- Anatomy/Kinesiology
- Yoga Theory & Philosophy/Lifestyle & Ethics
- Yoga Technique
- Practical Exam



Yoga Teacher Trainers

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



Master Teacher, Indubala Bhardwaj, MT, ERYT 500, T500, YACEP

RYT 200/300 Teacher Training Program Director & Lead Trainer

In 1976, Indu dedicated herself to the study, and practice of yoga. Indu was inspired to begin practicing yoga after meeting Swami Satchidananda in 1968. Following a career in classical dance, she became a Licensed Massage Therapist in Toronto after graduation from the Canadian College of Massage and Hydrotherapy in 1974.

In 1976 began her studies in Sanskrit, Traditional Yoga texts, Yoga Sutras and Brahma Vidya Shastra with her mentor, Pundit Yogi Raj Sharma Shastri for the next 22 years until his final day. In 1986 she was initiated into the Mahanubhava Marg by the late Rajdhar Baba of the Samvatsar Ashram in Maharashtra.

In 1980 she moved to Cincinnati and began teaching yoga privately in homes, ballet studios and Resor Ave Unitarian Church.. In 1998 she co-founded the first yoga studio in the Tri-State Area, Cincinnati Yoga School. Then co-founded It's Yoga Cincinnati in 2000, Ohio's first Yoga Alliance Registered Yoga School. On October 2016, Indu was honored with a Lifetime Achievement Award for teaching Yoga for 40 years from the Mayor of Cincinnati, Cincinnati's Sister City of Mysore, India and the Cincinnati Yoga Teachers Association.

Indu teaches classes, private sessions and workshops locally and nationally while specializing in RYT 200 & 300 Yoga Teacher Training for the past 20 years. She is an expert in myofascial anatomy, inspired from her background in movement, massage, along with studies with Doug Keller in "Yoga as Therapy," Thomas Meyers in "Fascia Alignment" and embodied yoga with Richard Freedman. Being an avid student of intelligent movement, she encourages her students to effortlessly approach posture patterns with ease and deep awareness in order to experience the state of *Tristana*.

Indu has lived the yoga lifestyle both on and off the matt since 1976 and follows the Bhagavad Gita's explanation of a yogic lifestyle as "skillfulness in action."

RYT Certifications

| | | |
|--------------|---|---|
| RYT 500 hrs. | Hatha Yoga, Pranayama & Meditation..... | Integral Yoga |
| RYT 200 | Ashtanga Yoga & Rocket Yoga..... | It's Yoga San Francisco – Larry Schultz |
| RYT 300 | Swastha Yoga Therapy & Ayurveda..... | Ganesh Mohan |
| RYT 148 | Yoga as Therapy..... | Doug Keller |

| | | |
|---------|------------------------------|---------------|
| RYT 80 | Yin Yoga..... | Paul Grilley |
| RYT 150 | Raja Yoga (Yoga Sutras)..... | Integral Yoga |
| RYT 75 | Cardiac Yoga..... | Integral Yoga |

Indu's Additional Training & Mentors

Certified M.S. Yoga Instructor
 Certified in Pilates & Allegro Reformer
 Certified Fitness & Aerobics Instructor
 Pattabhi Jois
 Richard Freeman
 David Williams
 David Swenson
 David Kiel
 John Coon
 Srivatsa Ramaswami
 Thomas Meyers
 Vyaas Houston, American Sanskrit Institute
 Julie Toren, Body Mind Balance
 Cincinnati Ballet
 Pilates

National Multiple Sclerosis Society
 Twenty First Century Pilates Training
 Exercise Science Alliance
 Ashtanga Vinyasa
 Ashtanga Vinyasa
 Ashtanga Vinyasa
 Ashtanga Vinyasa
 Mysore
 Vinyasa Krama
 Vinyasa Krama
 Fascia Anatomy
 Sanskrit 1-3 levels
 Gyrotonics (5 years – still studying)
 Isabele Elfson (6 years – still practicing)
 Marilee Vandersall (sill practicing)



Master Teacher, Kurt Matthys, BA, ERYT 500, T500

RYS 200/300 Experienced Teacher Trainer

Kurt has studied, practiced, meditated and lived the “*yoga lifestyle*” for the past 26 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.”

RYT Certifications

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

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|-------------------------------------|
| It’s Yoga Cincinnati. RYS 200 & 300 |
| 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



300 Hour Weekend Teacher Training Payment Plans January 2020

Option#1:

Early Bird Pre-payment Special

Paid in-full upon registration (prior to Jan. 1st): **\$3,300**
(free It's Yoga classes begin upon payment)

Option#2:

\$500 deposit upon registration
\$1,900 balance due at 1st Session
Total payment: **\$3,400**

Option #3:

Session payments

\$500 deposit upon registration
\$500 due each of the next 6 sessions
Total payment: **\$3,500** (if paid in full by the 5th session)

Option #4:

Extended payments

\$500 deposit on registration
\$310 due each of the next 10 session payments of
Total payment: **\$3,600** (must be paid fully by the 10th session)



It's Yoga Cincinnati, RYS 200 & 300

RYT-300 RYT 2020 Yoga Teacher Training Application Form RYT 500 Professional Yoga Teacher Certification

Name _____ Date _____

Address _____ Apt _____

City _____ State _____ Zip _____

Phone Numbers: Cell _____ Date of Birth: _____

Email _____ Referred by _____

Prior Certifications _____

Dates: Level 2, RYT 300 – 12 Weekend Sessions over Nine Months:

Jan. 17 – 19, Feb. 28 – 29, March 27 – 29, April 17 – 19, May 8 – 10, May 29 – 31,
June 19 – 20, July 10 – 11, July 31 – Aug. 2, Aug. 28 – 30, Sept. 18 – 20, **Exams Session #12
to be decided.**

Tuition is \$3,400 *see page 10 for discounted early bird rate and payment plans or if you are a
RYT200 It's Yoga graduate, contact Indu at itsyogaindu@earthlink.net*

- Deposit of \$500 must accompany application to reserve a 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 before the 4th session

I understand and accept these terms and agreements.

Signature _____ Date _____

Application Form Page 2

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?

How long have you been teaching?

Do you practice a yoga lifestyle including Meditation & 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.