

It's Yoga Cincinnati

Fall/Winter 2021-2022

RYT 200-Hour

Yoga Teacher Training Packet

Begins November 5th





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 21 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 and Flow styles
- **Hatha Yoga** Individualized postural alignment as well as the Traditional meditative style for any yoga level

These 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, functional anatomy, subtle anatomy, fascia alignment, introduction to Sanskrit terms and asana pronunciation.

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 a RYT 500 Professional Yoga Teacher.

If you are interested in our comprehensive yoga teacher training program, please submit the attached application form on page 11, including answers to the questions on the 12th page. Please feel free to contact me personally at (513) 300-5586 or itsyogaindu@earthlink.net if you have questions or need more details.

Indubala Bhardwaj, ERYT 500, T500, YACEP



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 professional, 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, biomechanics 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 level training (RYT 500) by the introduction of Raja Yoga, Yoga Philosophy, Sanskrit terminology & pronunciation, 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, Flow, 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 - bones, joint capsule mobility, common asana problems & mechanics

Kinesiology & Fascia Alignment - movement relative to joint and fascia mobility, posture integration & myofascial muscle chains

Therapeutics - - - postural diagnostics, body reading, common compensatory posture problems

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 Bhutas, subtle anatomy & chakras

Sanskrit - - - popular terminology, asana pronunciation

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

Yoga Tradition - - - history, lifestyle, and introduction to Ayurveda & Sankhya Yoga Theory

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

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

9 Months of Free Classes for all trainees

It's Yoga *requires a minimum of 100 hours of yoga class attendance* during training up to 9 months to be eligible for certification. This way yoga trainees become exposed to a variety of yoga class styles, teaching methods and teachers. If you live at a distance, we will help you to work out an alternate method of class attendance.

Eligibility is open to any sincere yoga student who has practiced yoga for *one year or more* and thirsts for a deeper understanding of the science and tradition behind asana practice. You must also be at least eighteen years of age. With a few exceptions, we require full attendance during teacher training weekends. Missed time and material must be made up!

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 Questions? contact Indu Bhardwaj at 513-300-5586 or email itsyogaindu@earthlink.net



RYT 200 Yoga Teacher Training Graduation Requirements

1. 200 + 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 required to be under direct supervision of the Primary ERYT 500 Lead Trainer

2. Homework Assignments

- Reading and Written assignments from the *Teacher Training Workbook & Technique Manual*
- Script development
- Asana Flash Cards + Benefits & Sanskrit Pronunciation
- Teacher Training participation & 100 hours yoga class participation
- Reading assignments: *Technique Manual, Workbook, Functional Anatomy & Yoga Sutras*
- 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

NOTE: Session dates listed on application form page 11.



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 & Lead Trainer

Indus has been teaching yoga in Cincinnati for 41 years. She began her yoga practice in 1968, after meeting Swami Satchidananda.

After a career in classical ballet, she studied Medical Massage Therapy at the Canadian College of Massage and Hydrotherapy and was licensed in 1974. In 1976 Indu met her mentor, Pundit Yogi Raj Sharma Shastri and for 22 years studied Yoga Philosophy, Sanskrit, and Brahm Vidya Shastra with him. And she was initiated into the Mahanubhava Marg by Late Rajdhar Baba of the Samvatsar Ashram in Maharashtra in 1986. From 1980 – 1991, Indu was one of the founding fathers of Cincinnati's first Hindu Temple in Cincinnati. She served as a Board Member, holding several offices as well as Vice President and Editor of Aradhana. On September 3, 1983, she was awarded a plaque in honor for her services to the Hindu Society of Greater Cincinnati.

In 1998 Indu co-founded the first yoga studio in the Tri-State Area (Cincinnati Yoga School). Then, in 2000 co-founded It's Yoga Cincinnati, RYS 200 as the first Yoga Alliance Registered Yoga School to train yoga teacher. Since 2001, it has been the longest running RYT 200 & 300 Yoga Teacher Training Program in Ohio.

Though Indu teaches yoga classes and workshops, she specializes in training yoga teachers for the past 21 years. In October 2016, she 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 myofascial anatomy, inspired from her background in movement, and massage along with studies with Doug Keller in "Yoga as Therapy" and "Fascia Alignment" with Thomas Meyers.

Being an avid student of intelligent movement, Indu helps yoga students how to effortlessly approach postures with ease and increased proprioception awareness while at the same time incorporating breath, bandhas and drishti. She believes in living a yoga lifestyle both on and off the mat can best be defined by The Bhagavad Gita as "*skillfulness in action*"

(Indu Bhardwaj Cont.)

Certifications

RYT 500 Hatha Yoga, Pranayama & Meditation
RYT 200 Ashtanga Yoga & Rocket Yoga
RYT 300 Swastha Yoga & Ayurveda
RYT 148 Yoga as Therapy
RYT 80 Yin Yoga
RYT 150 Raja Yoga
RYT 75 Cardiac Yoga

Integral Yoga
It's Yoga San Francisco – Larry Schultz
Ganesh Mohan
Doug Keller
Paul Grilley
Integral Yoga
Integral Yoga

Additional Training & Workshops

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

National Multiple Sclerosis Society
Twenty First Century Pilates Training
Exercise Science Alliance

Indu Bhardwaj Cont.

Pattabhi Jois
Richard Freeman
David Williams
David Kiel
John Coon
Srivatsa Ramaswami
Thomas Meyers
Vyaas Houston, American Sanskrit Institute
Julie Cortier, Body Mind Balance

Ashtanga Vinyasa
Ashtanga Vinyasa
Ashtanga Vinyasa
Ashtanga Vinyasa, Mysore Style
Vinyasa Krama
Vinyasa Krama
Fascia Anatomy, Movement & Yoga
Sanskrit 1-3 levels
Gyrotonics (7 years)



Kurt Matthys, BA, ERYT 500, T500

Experienced Teacher & Trainer

Kurt has studied, practiced, meditated and lived the “*yoga lifestyle*” for the past 27 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 while 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.

Kurt was a Computer Systems Architect with Fifth Third Bank until his retirement in 2020, in his spare time Kurt also enjoys woodworking and Kirtan (singing sacred Sanskrit songs). 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



Paige Knollman, RYT 500, T500 Professional Yoga Teacher & Trainer

Paige was voted by Cincinnati Magazine as **Northern Kentucky’s Best Fitness Instructor in 2020!**

Having more than 1,000 hours of training in various yoga studies, Paige completed her RYT 200 in 2017 and completed RYT 300 Advanced Yoga Certification in Ashtanga, Hatha, Pranayama & Meditation in 2021 with It’s Yoga. Paige is RYT 500, Professional Level Registered Yoga Teacher with the National Yoga Alliance.

In 2018 Paige became a Ayurvedic Yoga Specialist, certifying with the Himalayan Institute after 100 hours of specialized training. In 2020, she continues her yoga studies with The Trauma Institute at JRI, earning a Trauma Sensitive Yoga Certification. Paige continues her interest in *intelligent movement*, studying Power Pilates and Gyrotonics with Mike Butcher and Julie Cortier at Body Mind Balance.

Paige is a well-rounded yoga teacher with over 50 hours working mobility and balance with Division 1 athletes in the Tri-State area. She also teaches Private Sessions, Gentle Yoga and Chair Yoga. Paige has a special interest in helping clients to begin a yoga practice with elderly clients. And she also teaches yoga classes in several Kentucky studios along with Balance & Flow at It’s Yoga. In 2021 Paige became a Yoga Teacher Trainer with It’s Yoga, RYT 200 Teacher Training Program in 2021.

Paige’s intention behind every class is to guide her students through a journey of self-discovery both mentally and physically.



200 Hour Weekend Teacher Training

Payment Plans – Fall/Winter 2021 - 2022

****Free TT Yoga Class Pass begins upon receipt of \$500 Registration****

Option 1 (Pre-payment Special Prior to Nov. 5th)

Paid in-full upon registration \$2,600 (\$100 early discount!)

Option 2

\$500 registration upon registration (prior to Nov. 5th)

\$2,200 balance Due at 1st Session

Total payment \$2,700

Option 3

\$500 registration (prior to Nov. 5th)

\$460, 5-month payment plan (Due on 2nd 3rd 4th 5th & 6th Sessions)

Total payment: \$2,800

Option 4

\$500 registration (prior to Nov. 5th)

\$300, 8-month payment plan \$2000 (payments start, 2nd Session)

Total payment: \$2,900

Any payments received after 9th Session will automatically default to \$3,000



It's Yoga Cincinnati, RYS 200 & 300

RYT-200 RYT Yoga Teacher Training Application

Name _____ Date _____

Address _____ Apt _____

City _____ State _____ Zip _____

Phone Numbers: Cell _____ Date of Birth: _____

Email _____

Referred By _____

RYT 200 Hour 2021 Dates:

Nine Weekends Over Six Months
(Practical Exams to be announced)

Nov. 5 – 7	Dec. 3 – 5	Jan. 7 – 9	Feb. 18 – 20	Apr. 1 – 3
Nov. 19 – 21	Dec. 17 – 19	Jan. 28 – 30	Mar. 11 – 13	Apr. 30 th Written Exam

Tuition: *see page 8 for rates and payment plans*

For more information contact Indu at 513-300-5586 or email 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 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)

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?