



self-care is world-care!



become an amazing yoga teacher for yourself & for your world

114 people have already done this in the past 8 years through VITALITY's 200-hour & 300-hour yoga teacher trainings and so can you!



pay-as-you-go tuition where you raise the tuition by teaching donation-based classes with family/friends and eventually with local businesses as part of your training

check out our amazing graduates: vitalitycincinnati.org

200-hour Yoga Teacher Training

This 200-hour Yoga Alliance opportunity is for anyone wanting the skills to become a yoga teacher. No prior yoga or meditation experience necessary.

Learn four different series of yoga that will give you the skills to teach yoga to anybody, anywhere . . .

Gentle Yoga (hatha)
Relaxation Yoga (restorative)
Chair Yoga (self-massage)
Modified Primary (vinyasa/flow style)

Be mentored by experienced yoga teachers and friends in the circle on how to build a small business for yourself!

March - September 2019

cost = \$100 deposit (covers all books) + \$925 that you will raise during the course by first beginning donation-based classes with friends/family

300-hour Advanced Yoga Teacher Training

This 300-hour Yoga Alliance opportunity is for anyone wanting to study the depths of yoga practice, both in terms of sequencing movement/meditation and the philosophical roots of yoga. Prerequisite is a 200-hour yoga certificate, or you can take this 300-hour class at the same time as VITALITY's 200-hour class. Study the writings of Krishnamacharya ("the father of modern yoga"), Patanjali's *Yoga Sutras*, *Bhagavad Gita*, *Hatha Yoga Pradipika*, and 20th century somatic pioneers Moshe Feldenkrais & Ruthy Alon, whose strategies resemble in some important ways the later-years teachings of Krishnamacharya. Participants will also have the opportunity to complete basic certification in Movement Intelligence / Bones for Life as part of the training.

Sept 2019 - March 2020 (no meetings in Dec!)

cost = \$200 deposit (covers all books/materials) + \$2000 that you will raise during the course at 1-2 weekly classes you begin around the city

Classes led by Brian Shircliff, VITALITY's co-founder & program director
Yoga Alliance E-RYT 500, Healing Touch Certified Practitioner, Movement Intelligence Teacher, Feldenkrais Method ATM authorized teacher, 20+ year tai chi & meditation student

assisted by Tonia Smith of VITALITY, Becky Morrissey of Sangha Yoga, Cynthia Allen of Future Life Now, Davi Brown, Mary Sinclair, Max Raphael, Sherry Joy, & many more experienced teachers

200-hour Yoga Teacher Training

Each week, from March 23 - Sept 28, 2019 ... participants will

- meet at VITALITY nearly every Saturday from 9:30 am - 4:30 pm for training (and an occasional Sunday)
- meet Wednesday nights at VITALITY (Monday - Thursday) from 6:30 - 8:30 pm & contribute to VITALITY's blog
- create one donation-based class a week to share with friends and family where you get a chance to practice your teaching skills and raise the money needed for your monthly tuition payments (described below)
- organize and mobilize friends and family to work 100 hours in the community gardens in Walnut Hills, Mt. Healthy, your own neighborhood ... or volunteer with Eden Urban Gardens or Our Harvest at their farmers markets around Cincinnati to grow the local, healthy-food revolution ... these 100 hours are part of your give-back for the vastly reduced tuition for this certification class

A typical 200-hour yoga certification class costs \$2500 in Cincinnati ... VITALITY's class costs \$1025, and most of it you raise by teaching friends and family, and later in your training, neighbors/local businesses ... which gives you a lot of experience and grows the health & wellness revolution in Cincinnati & N. Kentucky!

In addition to Wednesday nights from 6:30-8:30pm, here are the weekend training dates where we will all meet ...

Sat, March 23 — our kick-off! (9am - 5pm)...with Special SoulCollage Workshop with Fab Duell

Sat, March 30 (9:30am - 4:30pm)

Sat, April 6 — yoga with Tonia & gardening (12 noon - 4:30pm)

April 13 — no class this weekend, optional gardening

Sat, April 20 — (9:30am - 4:30pm)...with special self-care workshop with Mary Duennes (Healing Touch & Capacitar)

Sat, April 27 (9:30am - 4:30pm)

Sat, May 4 (9:30am - 4:30pm)

Sat, May 11 (9:30am - 4:30pm)...with a taste of Movement Intelligence & Feldenkrais Method

Sat, May 18 (10:30 - 7:30pm) - yoga + sound-bath with Max Raphael + special all-VITALITY event!

May 25 — no class this weekend, optional gardening

Sat, June 1 (9:30am - 4:30pm)

Sat, June 8 — Trauma-Sensitive-Yoga with Becky Morrissey (9:30am - 4:30pm)

Sunday, June 9 — Trauma-Sensitive-Yoga with Becky Morrissey (12 noon - 6:15pm)

Sat, June 15 (9:30am - 4:30pm)

Sat, June 22 (10:30 - 7:30pm) - yoga + special all-VITALITY event!

Sat, June 29 (9:30am - 4:30pm)...with a taste of Movement Intelligence & Feldenkrais Method

Sat, July 6 (9:30am - 4:30pm)...with a special Neuro Linguistic Programming workshop with Larry Wells

July 13 & July 20 — no class these weekends, optional gardening

Sat-Sun, July 27-28 (8am - 6pm, both days) — Healing Touch Level 1 (optional, deep study of energetic/chakra anatomy & practice with Mary Duennes — can be taken for \$100)

Sat, Aug 3 (9:30am - 4:30pm)

Sat, Aug 10 (9:30am - 4:30pm)

Thurs, Aug 15 Special Full Moon Happy Hour to celebrate Richard Bollman's book (5 - 8pm) all-VITALITY

Sat-Sun, Aug 17-18 (8am - 6pm, both days) — Healing Touch Level 2 (optional, deep study of energetic/chakra anatomy & practice with Mary Duennes — can be taken for \$200)

Sat, Aug 24 (9:30am - 4:30pm)

Sat, Aug 31 (9:30am - 4:30pm)

... dates continued on next page! :)

200-hour Yoga Teacher Training

(continued)

Sat, Sept 7 (9:30am - 4:30pm)

Sat, Sept 14 — Retreat Weekend! (9am - 5pm)

Sun, Sept 15 — Retreat Weekend! (9am - 5pm)

Sat, Sept 21 (9:30am - 4:30pm)

Sat, Sept 28 — Graduation-Celebration (12 noon - 4pm)...friends/family welcome to celebrate with us!

Participants will also have the opportunity to take Healing Touch Level 1, Level 2, and Level 3 at very discounted costs as part of their yoga training as an exploration of energy anatomy.

Need to miss a weekend or weekday of training? No problem. You could always make-up hours by coming an extra weeknight, or check out the make-up possibilities — some of them free, some of them affordably priced.

In addition to the \$100 non-refundable deposit that holds your spot for the class and covers all book-fees for the class, each participant will begin a class each week

- from March - May, among friends and family, with donations at these mini-classes sharing meditation & gentle self-care funding your \$75/month tuition (for example, if you had five people come to your mini-class for five weeks in the month and each person offered \$3, you would cover your \$75/month tuition . . . though most people will probably be more generous when they discover how well you're taught to lead them into relaxation!)*
- from June - July, among friends and family, with donations at these slightly larger gentle yoga & chair yoga classes funding your \$125/month tuition*
- from August - September, at local businesses, with donations at these gentle & chair yoga classes funding your \$225/month tuition*

Not able to finish everything before the Sept 28th Graduation-Celebration? Need more time to complete all requirements for the program? No problem. Once you complete all requirements, you will receive your 200-hour Yoga Alliance-registered yoga teacher certificate. We honor everyone at the Graduation-Celebration, whether you've completed all requirements yet or not. It's a party celebrating you and your classmates . . . all of our growth!

300-hour Advanced Yoga Teacher Training

Prerequisite: a 200-hour Yoga Teacher Certificate . . . or be registered in VITALITY's 200-hour Yoga Teacher Certification Program that begins March 23, 2019.

Participants will

- *meet from September - November & January - March at VITALITY: most Wednesdays from 6:30 - 8:30pm, Saturdays from 9:30am - 4:30pm, and Sundays from 12 noon - 6:15 pm for training — exact dates to be posted here soon!*
- *choose to take Healing Touch Level 1 (included with your tuition, a deep study of chakra/energetic anatomy) or visit other VITALITY classes/workshops (also included in your tuition) to round out your 300-hours*
- *do some study & exploration on your own . . . reading, practicing, delighting in life, sharing wisdom with friends, blogging*
- *gain skills to begin your own holistic business and share with one another ways to invite people to the delight of yoga*
- *create 2 or more donation-based yoga/meditation classes a week to practice your teaching skills and raise the money needed for your monthly tuition payments (described below)*
- *be willing to visit classmates' yoga/meditation classes around the Cincinnati & N Kentucky area, participate in the class quietly, and assist one another afterwards in positive, helpful feedback — both verbal and written (PRACTICUM)*

A typical 300-hour advanced yoga certification class costs \$3000 in Cincinnati . . . VITALITY's class costs \$2200, and most of it you raise by teaching classes with friends, family, neighbors, and local businesses . . . which gives you a lot of experience and grows the health & wellness revolution in Cincinnati & N. Kentucky! Here are the weekend training dates where we will all meet . . .

Participants will also have the opportunity to take Healing Touch Level 2 & Level 3 at very discounted costs as part of their yoga training as an exploration of energy anatomy. Healing Touch Level 1 is included in your tuition.

Need to miss a weekend or weekday of training? No problem. You could always make-up hours by coming an extra weeknight, or check out the special opportunities on the next pages of this packet.

Tuition Cost

In addition to the \$200 non-refundable deposit that holds your spot for the class and covers all book-fees & Movement Intelligence materials for the class, each participant will begin 2 yoga/meditation classes each week to fund their tuition, payable monthly.

We will need at least ten participants to have this 300-hour Advanced Yoga Training. If we have less than ten participants register, VITALITY will refund the deposits that participants have paid and look to 2020 to begin again.

Not able to finish everything before the March Graduation-Celebration? Need more time to complete all requirements for the program? No problem. Once you complete all requirements, you will receive your 300-hour Yoga Alliance-registered advanced yoga teacher certificate. We honor everyone at the Graduation-Celebration, whether you've completed all requirements yet or not. It's a party celebrating you and your classmates . . . all of our growth!

The power of yoga in one's life . . .

One of our Yoga/Healing Touch Interns, Crystal, taught a weekly class at Literacy Center West in Price Hill last Spring. The class included people 18 - 24 years of age who were coming to Literacy Center West every week to complete their GED. The yoga class was offered as a stress-buster between their daytime working hours and their evening studying hours.

I walked a young man, his clothes smeared with tar from the day's work. He had been coming regularly to Crystal's class. He stepped onto his yoga mat and followed along with Crystal's instructions and even helped some of the newer students in the class. Near the end of the class, Crystal invited everyone to relax on their backs in reclining meditation. The young man soon was snoring, everyone giggled at him and he just continued sleeping. When Crystal invited everyone to sit up at the end of class, the young man's friends teased him about his snoring. And what he said shocked all of us. He said, ***"This yoga stuff . . . it's way better than heroin!"***

And that's the kind of work our Yoga/Healing Touch Interns do. While moving and breathing and resting and reflecting offer amazing benefits alone and substantially grow the health of our city's residents, our interns share a vision for new possibilities for the lives of every single person who comes to a yoga class.

VITALITY CINCINNATI



*Be a guest
at one of VITALITY's
weekly ongoing classes*

*to ask questions and get more
information about these
200-hour & 300-hour opportunities!*

*VITALITY Cincinnati
3925 Montgomery Rd.
Norwood, OH 45212*

or call/text Brian at 513.300.5174

vitalitycincinnati.org



Application for VITALITY's 2019/2020 Yoga Trainings – 200-hour & 300-hour

First presented, first saved in terms of the spots available! Only 20 spots available for each training!

You are welcome to handwrite on this application or type all of your information onto a separate paper or email the information to Brian Shircliff at vitalitycincinnati@gmail.com. Completed applications can be mailed to VITALITY Cincinnati, 3925 Montgomery Rd., Norwood, OH 45212 or drop it off at the mail-slot at VITALITY.

Non-refundable deposit must be paid to secure your spot. 200-hour deposit is \$100 / 300-hour deposit is \$200

Questions? Call Brian at (513) 300-5174.

Name _____

Mailing Address _____

City _____ State _____ Zip _____

Email Address _____

Phone Number(s) _____

I am applying for *(please circle one)*

200-hour Yoga Teacher Training **300-hour Advanced Yoga Teacher Training** **BOTH**

If you're applying for the 300-hour Advanced Training . . .

where & when did you complete your 200-hour Yoga Training? _____

Are you 18 years of age or older? **yes** **no**

—> **In a short paragraph, please give a sense of why you are applying for this opportunity. What do you hope happens for you? Tell your story! :)**

Once we have received your application and deposit, you should hear from us within one week. If not, please reach out to us at 513.300.5174!