

self-care is world-care!

become an amazing yoga teacher
for yourself
for your world



101 people have already done this in 7 years through VITALITY's 200-hour yoga teacher trainings . . . and so can you! easily! affordably!

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

gain the skills and experience to begin your own holistic business,
as many VITALITY graduates have done either part-time or full-time

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 2018

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 work and strategies resemble in some important ways the later-years teachings of Krishnamacharya. Participants will also complete basic certification in Movement Intelligence / Bones for Life as part of the training.

January - September 2018

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 Cynthia Bedell of VITALITY, Becky Morrissey of Sangha Yoga, Cynthia Allen of Future Life Now, Mary Sinclair, Sherry Joy, & many more experienced teachers

200-hour Yoga Teacher Training

Each week, from March 10 - Sept 29, 2018 ... participants will

- meet at VITALITY nearly every Saturday from 9:30 am - 4:30 pm for training (and an occasional Friday & Sunday)
- choose one weeknight at VITALITY (Monday - Thursday) from 6:30 - 8 pm
- 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 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!

Here are the weekend training dates where we will all meet ...

Saturday, March 10 from 9:30 am - 4:30 pm at VITALITY

Saturday, March 17 from 9:30 am - 4:30 pm at VITALITY

Friday, March 23 from 6 - 9 pm at Bethesda North Hospital Auditorium

Saturday, March 24 from 9 am - 5 pm at Bethesda North Hospital Auditorium

Sunday, March 25 from 9 am - 5 pm at Bethesda North Hospital Auditorium

... this special intensive weekend welcomes internationally-known Dr. William Bengston who is curing cancer in university-laboratory experiments through an easy-to-learn meditation sequence ... this \$325 workshop is included in your yoga tuition and includes the 300-hour group as well

Saturday, March 31 from 9:30 am - 4:30 pm at VITALITY

Saturday, April 7 from 9:30 am - 4:30 pm at VITALITY

Saturday, April 28 from 9:30 am - 4:30 pm at VITALITY

Friday, May 11 from 6 - 9 pm at VITALITY ... yoga movie night!

Saturday, May 12 from 9:30 am - 4:30 pm at VITALITY

Saturday, May 19 from 9:30 am - 4:30 pm at VITALITY

Saturday, June 2 from 9:30 am - 4:30 pm at VITALITY

Saturday, June 9 from 9:30 am - 4:30 pm at VITALITY

Saturday, June 16 from 9:30 am - 4:30 pm at VITALITY

Saturday, June 30 from 9:30 am - 4:30 pm at VITALITY

Saturday, July 14 from 9:30 am - 4:30 pm at VITALITY

Saturday, July 21 from 9:30 am - 4:30 pm at VITALITY

Saturday, July 28 from 9:30 am - 4:30 pm at VITALITY

Saturday, Aug 18 from 9:30 am - 4:30 pm at VITALITY

Saturday, Aug 25 from 9:30 am - 4:30 pm at VITALITY

Saturday, Sept 1 from 9:30 am - 4:30 pm at VITALITY

Saturday, Sept 8 from 9:30 am - 4:30 pm at VITALITY

Saturday-Sunday, Sept 15-16 from 9 am - 5 pm both days — weekend intensive with 300-hour group

Saturday, Sept 29 Graduation-Celebration from 12 noon - 4 pm at VITALITY

200-hour Yoga Teacher Training

(continued)

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. Dates for these classes will be posted at vitalitycincinnati.org as soon as we have them.

Need to miss a weekend or weekday of training? No problem. You could always make-up hours by coming an extra weeknight.

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 29th 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!



self-care is world-care

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 10, 2018

Each week, from January 7 - Sept 29, 2018 . . . participants will

- meet at VITALITY nearly every Sunday from 12 noon - 6:15 pm for training (and an occasional Friday & Saturday)
- 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)

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 . . .

Sunday, January 7 from 12 noon - 6:15 pm at VITALITY

Friday, January 12 from 6 - 9 pm at VITALITY for Movement Intelligence / Bones for Life intensive

Saturday, January 13 from 9 am - 5 pm at VITALITY for Movement Intelligence / Bones for Life intensive

Sunday, January 14 from 9 am - 5 pm at VITALITY for Movement Intelligence / Bones for Life intensive

Sunday, February 4 from 12 noon - 6:15 pm at VITALITY

Sunday, February 18 from 12 noon - 6:15 pm at VITALITY

Sunday, February 25 from 12 noon - 6:15 pm at VITALITY

Sunday, March 11 from 12 noon - 6:15 pm at VITALITY

Sunday, March 18 from 12 noon - 6:15 pm at VITALITY

Friday, March 23 from 6 - 9 pm at Bethesda North Hospital Auditorium

Saturday, March 24 from 9 am - 5 pm at Bethesda North Hospital Auditorium

Sunday, March 25 from 9 am - 5 pm at Bethesda North Hospital Auditorium

. . . this special intensive weekend welcomes internationally-known Dr. William Bengston who is curing cancer in university-laboratory experiments through an easy-to-learn meditation sequence . . . this \$325 workshop is included in your yoga tuition and includes the 200-hour group as well

Sunday, April 8 from 12 noon - 6:15 pm at VITALITY

Sunday, April 29 from 12 noon - 6:15 pm at VITALITY

Friday, May 11 from 6 - 9 pm at VITALITY . . . yoga movie night!

Sunday, May 13 from 2:30 - 6 pm at VITALITY (special hours for Mother's Day)

Sunday, May 20 from 12 noon - 6:15 pm at VITALITY

Sunday, June 3 from 12 noon - 6:15 pm at VITALITY

Sunday, June 10 from 12 noon - 6:15 pm at VITALITY

Sunday, June 17 from 12 noon - 6:15 pm at VITALITY

Sunday, July 1 from 12 noon - 6:15 pm at VITALITY

Sunday, July 15 from 12 noon - 6:15 pm at VITALITY

Sunday, July 22 from 12 noon - 6:15 pm at VITALITY

Sunday, July 29 from 12 noon - 6:15 pm at VITALITY

Sunday, August 19 from 12 noon - 6:15 pm at VITALITY

Sunday, August 26 from 12 noon - 6:15 pm at VITALITY

Sunday, Sept 9 from 12 noon - 4 pm at VITALITY (special hours for Labor Day weekend)

Saturday-Sunday, Sept 14-15 from 9 am - 5 pm both days — weekend intensive with 200-hour group

Saturday, Sept 29 Graduation-Celebration from 12 noon - 4 pm at VITALITY

300-hour Advanced Yoga Teacher Training

(continued)

Remaining hours for this 300-hour training will be

- teaching 2+ classes a week on your own (practicum)
- reading & journaling on one's own the books described on the front page (lower right box) and a few others, including William J. Broad's The Science of Yoga
- visiting one another's classes around Cincinnati & N. Kentucky to enjoy the class and offer feedback.

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. Dates for these classes will be posted at vitalitycincinnati.org as soon as we have them.

Typical Sunday training will look like . . .

12 noon yoga practice & meditation led by 2-participants who tailor a class geared toward the group
2:15 pm yoga philosophy conversation over snacks we bring to share with one another
4 pm special workshop
6:15 pm head home and share our learnings with the world!

Need to miss a weekend or weekday of training? No problem. You could always make-up hours by coming an extra weeknight.

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 the \$225 tuition due on the first Sunday of the month from January - August, plus \$200 due the first Sunday of September.

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 2019 to begin again.

Not able to finish everything before the Sept 29th 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!

VITALITY CINCINNATI

Join us

Thursday, December 21 (Winter Solstice)

6 - 8:30 pm

or

Sunday, December 31

2 - 4:30 pm

for

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



VITALITY Cincinnati
3925 Montgomery Rd.
Norwood, OH 45212

or call Brian at 513.300.5174
or drop into a class

vitalitycincinnati.org



Application for VITALITY's 2018 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!