



VITALITY
CINCINNATI

self-care is world-care!

become a yoga teacher!

join the 125 Yoga/Healing Touch Graduates since 2010

**sharing yoga & meditation,
growing & gleaning healthy local food,
discovering health within oneself among amazing friends,
& perhaps even finding a whole new career path for yourself!**

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



VITALITY is a 501(c)3 non-profit.

Our 2019 Yoga/Healing Touch Graduates! >

200-hour Yoga Teacher Training

Each week, from March 28 - Sept 19, 2020 ... participants will

- meet at VITALITY nearly every Saturday from 10 am - 4 pm for training (and an occasional Friday & Sunday)
- meet Wednesday nights at VITALITY from 6:30 - 8:30 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 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. Gardener & Gleaner-extraordinaire Sue Plummer will assist you with scheduling these give-back hours, and some hours you can offer in your own neighborhood.

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!

One of the greatest gifts of this training program is that participants get to experience workshops from some of the best yoga/wellness teachers in the region ... in years past: Davi Brown, Becky Morrissey, Fab Duell, Mary Duennes, Cynthia Allen, Larry Wells, Mary Sinclair, Sherry Joy, Crystal Judge, and many more!

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

Sat, March 28 — our kick-off! (10 am - 4 pm)

Sat, April 4 (10 am - 4 pm)

Sat, April 11 (10 am - 4 pm)

Sat, April 18 (10 am - 4 pm)

Sat, April 25 (10 am - 4 pm)

Sat, May 2 (10 am - 4 pm)

Sat, May 9 (10 am - 4 pm)

Sat, May 16 — no class scheduled this weekend, optional gardening

Sat-Sun, May 23-24 (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, May 30 (10 am - 4 pm)

Sat, June 6 (10 am - 4 pm)

Sat, June 13 (10 am - 4 pm)

Sat, June 20 (10 am - 4 pm)

Sat, July 4 — no class scheduled this weekend, optional gardening

Sat, July 11 — no class scheduled this weekend, optional gardening

Sat, July 18 (10 am - 4 pm)

Sat, July 25 (10 am - 4 pm)

Sat, Aug 1 (10 am - 4 pm) — special workshop with Sherry Joy...how to teach Restorative Yoga

Sat, Aug 8 (10 am - 4 pm) ... dates continued on next page! :)

200-hour Yoga Teacher Training

(continued)

Sat, Aug 15 (10 am - 4 pm)

Sat, Aug 22 — no class scheduled this weekend, optional gardening

Fri, Aug 28 — Retreat Weekend! (6 - 8:30 pm)

Sat, Aug 29 — Retreat Weekend! (10 am - 5 pm)

Sunday, Aug 30 — Retreat Weekend! (10 am - 5 pm)

Sat, Sept 5 — no class scheduled this weekend, optional gardening

Sat, Sept 12 — catch-up weekend to prepare for graduation...a few hours will be offered if needed

Fri,-Sun, Sept 18-20...Celebrating VITALITY's 10th Anniversary with our Yoga Graduation-Celebration on Sat, Sept 19 from 12 noon - 4 pm, friends and family invited!

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 19th 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

We anticipate offering our 4th Advanced Yoga Training (300 hours) beginning Saturday, Aug 29 ... more details to follow! The focus of this training will be experiential anatomy through movement and sensation, yoga philosophy, and exploring multiple meditative practices.

Prerequisite: a 200-hour Yoga Teacher Certificate ... or be registered in VITALITY's 200-hour Yoga Teacher Certification Program that begins March 2020

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.

Typical Saturday training will look like ...

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

Interested? Reach out to Brian for a conversation 513.300.5174

Application for VITALITY's 2020 Yoga Trainings — 200-hour & 300-hour

First presented, first served 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!

VITALITY Cincinnati, Inc.

501(c)3 organization founded in 2010



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CINCINNATI

Join us

**Thurs, Dec 19, 2019 from 6:30 - 8:30 pm
at our annual Winter Solstice Party**

or

**Wed, Jan 1, 2020 from 2 - 4 pm
at our annual Open House**

to see if VITALITY's certification programs are right for you
in embarking more deeply on your journey of
(re)discovering wholeness, wellness!

200-hour Yoga Certification

300-hour Advanced Yoga Certification

Healing Touch

Movement Intelligence®

3925 Montgomery Rd, Norwood, OH 45212
vitalitycincinnati.org 513.300.5174

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