VITALITY
CINCINNATI

self-care is world-care!

become a yoga teacher!

join the 134 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 documentary to discover the power of this circle of friends to change one's life and the world!

vitalitycincinnati.org

200-hour Yoga Teacher Training

(also known as VITALITY's 13th Yoga/Healing Touch Internship)

what?

Gather with friends and neighbors to earn your 200-hour Yoga Alliance certificate! Or join the circle simply to deepen your experience of yoga and grow together :)

when?

<u>Saturdays from April 17 - Sept 25, 2021</u>

8 - 10am gardening at VITALITY's Glean & Share Garden in Walnut Hills, led by Sue Plummer and Tonia Smith...masks required and socially-distanced and no prior experience necessary!

11am - 3pm via Zoom...yoga, meditation, reflection, history/philosophy of yoga & how to-teach, led by Brian Shircliff and Tonia Smith and many friends

<u>Wednesdays from April 21 - Sept 22, 2021</u>

6:15pm - 8:15 via Zoom...yoga & meditation classes

All times are EST.
As you feel ready, we invite you to create one donation-based yoga/meditation class every week to practice your teaching skills.
Donations at these classes can fund your tuition!

how?

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 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 (in person or via Zoom), 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 (in person or via Zoom), with donations at these slightly larger gentle yoga & chair yoga classes funding your $125/month tuition
- from August - September, at local businesses or larger groups via Zoom, with donations at these gentle & chair yoga classes funding your $225/month tuition

As a give-back for the vastly reduced tuition, we ask you...
to 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. Half the 100 hours you can offer in your own neighborhood if you'd like!

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plant the seed

any more good news? yes!

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.

Not able to finish everything before the Sept 18th 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

somatics • yoga philosophy • new meditative strategies

what?

Gather with friends and neighbors to earn your 300-hour Yoga Alliance certificate! Or join the circle simply to deepen your practice and grow together :)

Learn some very different ways of exploring asana through Movement Intelligence® and of meditation using vipassana and Healing Touch wisdom – the whole training this year via Zoom!

Explore yoga philosophy through reading ancient texts from India, Israel, China, and all over the world...where we find yoga being expressed in the world through the centuries might surprise you!

Prerequisite: a 200-hour Yoga Teacher Certificate . . . or be registered in VITALITY's 200-hour Yoga Teacher Certification Program that begins April 17, 2021

when?

As part of our somatic explorations, we will join the Bones for Life® / Movement Intelligence® immersions on Saturdays and Sundays in March - May (see green box to the right), and then from June - September 25 we will meet Sundays from 10:30am - 4pm EST. The Bones for Life® / Movement Intelligence® immersions are included in your 300-hour yoga certification tuition, as is the fabric-wrap we use in Bones for Life classes.

We will also meet Wednesday nights from 6:15 - 8:15pm EST from March 17 - Sept 22 all via Zoom.

Graduation is Sat, Sept 25!

Put Some Spring into Your Step with Bones for Life® / Movement Intelligence®

from the comfort of your own home…via Zoom!

Immersion 1
Sat March 13, Sun March 14, Sat March 20,
Sun March 21, Sat March 27

Immersion 2
Sat April 3, Sat April 10, Sun April 11,
Sun April 18, Sun April 25

Immersion 3
Sun May 2, Sun May 9, Sun May 16,
Sun May 23, Sun June 6

Class on each day will be 10:30am - 3:30pm EST with a 30-min meal break halfway through

Enjoy Bones for Life so much that you want to continue deepening your study, maybe even become a teacher? After Immersion 3 you would be fully able to continue your studies with Cynthia Allen of Future Life Now this summer and fall!

Need to miss a class? No problem! The Saturday & Sunday Zoom classes will be recorded and can be downloaded during the week immediately after the class. As long as you are 'live' with us all on Zoom for more than 75% of our weekend classes, you'll be able to complete the program and graduate with flying colors.

Participants will need to purchase their own texts or borrow from a library/friend. Many texts are also available free online. VITALITY will mail you your Bones for Life wrap ($50 wrap included with your tuition).

cost?

Honoring the reality that we are living in a new yoga-world with COVID and our world certainly needs more yoga & gentle explorations & deep understanding of these yoga texts that are the foundation of language, philosophy and ways of knowing life (and often so greatly misunderstood!) . . .

these tuition costs have been greatly reduced and include community service opportunities as a give-back for reduced tuition!

$250 deposit...register & pay before Feb 11

+

after that, 5 monthly payments of $200*

on March 15, April 15, May 15, June 15, Aug 15

+

100 hours of community service, which could be...

your offering donation-based classes on your own (in person, via Zoom, whatever is comfortable to you, donations can be used to pay your monthly tuition!) or
your offering your time in the community gardens or farms of your neighborhood to grow the local food revolution and help people connect food and yoga!

** need a different payment plan, talk with Brian!*

your guides...Brian, Tonia, and every participant in our yoga-circle!

Brian Shircliff is a Healing Touch Certified Practitioner, Guild Certified Feldenkrais Teacher, 500-hour Experienced-Registered Yoga Teacher/Trainer, Movement Intelligence Teacher, tai chi instructor, and Neuro Linguistic Programming practitioner. He has authored a number of books about yoga, ancient texts/religion, and holistic self-care. He studied French and ancient Greek & Hebrew in college, Sanskrit more recently. He finds the ancient world fascinating.

Before co-founding VITALITY with a number of friends, Brian was a high school Meditation & Scriptures teacher and state-champion golf/swimming coach at St. Xavier High School and St. Ursula Academy for 17 years.

Tonia Smith is an ERYT200/RYT500 Registered Yoga Teacher through Yoga Alliance. She is a graduate of VITALITY Cincinnati's 200 hour & 300 hour yoga teacher trainings. She is a much sought after yoga & fitness instructor in Cincinnati.

She enjoys supporting students on their journeys to becoming yoga teachers. She has assisted with VITALITY's trainings since 2018.

Through her company Good Green Life, LLC, Tonia provides health education, coaching and consulting services that promote plant-based nutrition, active living, yoga, meditation, ecofriendly living, and tobacco cessation.

Interested? Reach out to Brian for a conversation! 513.300.5174

Application for VITALITY's 2021 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, 5902 Kimberly Ave, Cincinnati, OH 45213.

Non-refundable deposit must be paid to secure your spot – either by check or PayPal (see website):

200-hour deposit is $100 **300-hour deposit is $250**

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 Training** **BOTH**

If you're applying for the 300-hour Advanced Training & are not a VITALITY 200-hour grad/intern

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. In case we didn't receive your application, please reach out to us at 513.300.5174!

VITALITY Cincinnati, Inc.

501(c)3 organization founded in 2010

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200-hour Yoga Certification

300-hour Advanced Yoga Certification

Healing Touch

Bones for Life® /
Movement Intelligence®

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