



Yoga
Central



Learn to teach yoga safely and effectively at the Yoga Place

This 200-hour yoga teacher training course is not only for students who wish to teach but for dedicated students who wish to deepen their own yoga practice. Within this training, we will study both the inner and the outer self. It will be a holistic exploration of mind, body and spirit.

This course includes:

- Hatha yoga practice as a template for exploring awareness and compassion
- Balancing effort with relaxation
- Physiology and anatomy for understanding the biomechanics of movement
- The development and practice of teaching skills
- An introduction to the classical wisdom of the Yoga Sutras and the Bhagavad Gita
- A syllabus and resource guide
- Mentoring and study groups

Participants will also be exposed to yoga Nidra, prenatal yoga, restorative yoga, using the rope wall and partner yoga, as well as "hands-on" assisting and adjusting. Safety is emphasized for both you and your students. We aim to work in a way that promotes optimal health and function.

We have two start dates annually in October and in January (we meet on the second full weekend of the month). Each training weekend, we will meet on Fridays from 6:00 p.m. to 9:00 p.m. and on Sundays from 8:00 a.m. to 4:00 p.m. with a 1-hour break for lunch from 12:00 to 1:00. Some special Saturday times with guest teachers will be chosen later with group input.

The tuition for the teacher training is \$1800 and includes books and any of our regular on-going yoga classes at The Yoga Place and Yoga Central that you want to attend. **Please pre-register by the end of September for the training starting in October, and by the end of December for the training starting in January.**



Mike Curtis and Margot Milcetic, two of Ohio's first 500-hour certified teachers, have known each other since 1984 and together lead retreats, kirtan, workshops and yoga teacher training classes for the 200-hour and 500-hour levels. www.brahmrishiyoga.org

The Yoga Place, which opened in 1995, was one of Ohio's first yoga studios. We provide a nurturing environment for searching, learning and growing. We believe in your potential and the development that is possible through study and practice.

The Yoga Place is a registered Yoga school with Yoga Alliance.

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