



Learn to teach yoga safely and effectively.



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:

- Course Manual, Syllabus & Books
- Hatha yoga practice as a template for exploring practice on and off the mat
- Yoga History & Philosophy
- An introduction to the classical wisdom of the Yoga Sutras and the Bhagavad Gita
- Anatomy, Physiology & Posture Clinics for understanding the biomechanics of movement and asana
- Special offerings in Sanskrit, trauma-informed yoga, chakras, sequencing and hands-on assists
- Study groups and meaningful “om-work” assignments for continuity and self study
- The Business of Yoga for exploring ethics and scope of practice as a yoga teacher
- We will also have a brief introduction to The Great Yoga Wall, restorative yoga and yin.
- Teacher development through practice & mentorship
- Unlimited access to regularly scheduled yoga classes at both Yoga Central & The Yoga Place

Program begins in January and meets one weekend per month (usually the second weekend). Fridays 6-9 pm and Sundays 8:30-4:30. Seven Saturdays are scheduled for special programming from 1-5 pm.

The tuition for the teacher training is \$2,950 and includes books, any of our regular ongoing yoga classes that you want to attend, and a weekend silent retreat.

The cost is lowered to \$2,700 if you pay before the end of December.



Rhonda Kuster (E-RYT500) has a deep passion for, and dedication to, the art of yoga. She began her yoga journey in 1997 and specializes in many things in the world of yoga, including Sanskrit, Urban Zen, Ayurveda and Yoga philosophy.



Kristie's yoga journey began in childhood at The Yoga Place with a sense of wonder and continues today as a full-time yoga educator dedicated to practicing and sharing the wisdom of yoga with a creative sincerity. She brings a practical, playful and trauma-informed approach to teacher training.



Amy Whitman, LMT, leading anatomy. Amy has over 32 years in the field of therapeutic massage and is an instructor in the massage program at Stark State College.



Mike Curtis founded The Yoga Place in 1995, and is one of Ohio's first 500-hour Yoga teachers. He is a yoga utilitarian involved in many forms of yoga.



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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**THE Institute
FOR Yogic Studies**