



Teacher Training

YRTT INFORMATION

200 HOUR YOGA TEACHER TRAINING

Sept '19 - April '20

MAKING A DIFFERENCE!





YOGA ROOTS TEACHER TRAINING

SEPT '19 - APRIL '20

You are about to embark on a Journey of a Lifetime. This experience will change you, shape your thoughts, and allow you to share the gift of Yoga with the world. Embrace this opportunity to find yourself through senses and reasoning you have never before explored. Be open to the path that is before you.....your yoga roots!

Yoga Roots is a certified yoga school with Yoga Alliance, the governing body for all things yoga in the United States.

LEARN, EXPLORE, SHARE



200 HOUR CYT

200 HOURS IS, WELL 200 HOURS

You are here because of your interest (or curiosity) about becoming a Certified Yoga Instructor ("CYT") or, perhaps, deepening your understanding of Yoga and your practice. Everyone's path is unique, yet powerful. Come make "forever" memories and friendships. We can't wait to share in your transformation.

200 Hours represents the base level of certification. There are many models on how to achieve this mandatory time commitment, but no matter what, everyone must do a minimum of 200 hours. So how do we structure our teacher training?

Yoga Roots has adopted a format that is intended to be as minimally invasive on one's outside world while contemporaneously providing the length and attention that is, in our experience, a quality teacher training. We will meet one weekend per month, giving you the balance of the month to apply your knowledge and practice skills you receive. The following are tentative dates for the 2019/20 YR Teacher Training:



TEACHER TRAINING WEEKENDS

(TENTATIVE)

SEPTEMBER: 27, 28, 29

MARCH: 6, 7, 8

OCTOBER: 11, 12, 13

APRIL: 3, 4, 5

NOVEMBER: 8, 9, 10

APRIL: 24, 25, 26
(GRADUATION WEEKEND)

DECEMBER: 6, 7, 8

JANUARY: 17, 18, 19

FEBUARY: 7, 8, 9



WAYS TO SAVE OR FINANCE

REGISTRATION FEE, DISCOUNTS & FINANCING OF TUITION

We realize this is an investment. Both Kim and Scott attended teacher training together and, as a result, understand it doubly. In the end, it is up to you to determine if this is your path and to invest in yourself. But we can honestly say, the value of yoga teacher training goes way beyond the certification that you will receive at the end.

This training will be a life changing event. You will wake up every day coming from a different perspective...one that helps you manage your challenges and take advantage of your opportunities. Join us on the amazing life's walk.

TUITION: \$3,350

DEPOSIT: \$500 TO RESERVE SPACE (NON-REFUNDABLE)

PREPAYMENT BY JUNE 30TH: \$200 DISCOUNT

FULL PAYMENT WITHOUT FINANCE CHARGE: AUGUST 15TH

MONTHLY INSTALLMENT PAYMENT PLAN: ADD 13% INTEREST



- \$500 registration, plus \$402.57 due 1st Friday (Sept- April)

THREE PAYMENT PLAN: ADD 10% INTEREST

- \$500 registration, plus \$1045.00 payable on 1st Friday in three monthly installments:

10/4/19

12/2/19 and

2/3/20 and

In an effort to control costs and tuition levels, we will accept **payments by check**. Should you require credit card processing, then each of the aforementioned payments will incur a 3.5% Processing Fee. If you need to discuss alternative means to cover the cost of this program, please e-mail us at kim.curtis@yogaroots.com. Our hope is that everyone who wants to take teacher training can find a way to financially do so. Let's chat!

REFUNDABILITY TERMS:

\$500 Deposit Non-refundable; "Non Deposit" funds are refundable as follows: 100% by 7/15/19, 50% by 8/15/19, 25% by 9/1/19. All proceeds are non-refundable after 9/1/19.

* Could potentially defer depending upon circumstances.

ADDITIONAL EXPENSES:

Each student will be responsible for the cost of their study materials, including the assigned books/study guides, manual reproduction, journals and misc office supplies. Estimate of \$120.00 out of pocket expenses.



MENTORS

KIM CURTIS, LEAD TEACHER

Yoga Roots is pleased to offer our Third Teacher Training. As our current class of 20 students approaches graduation in May, 2019, we can share that our vision and hopes for a successful teacher training have been realized. We bring this experience forward and look to provide a training like no other.

Kim Curtis is the owner of Yoga Roots, now in its sixth year of operation. Kim found yoga as a result of a sports injury, and from there she knew she needed a deeper sense of the practice. Following a yoga retreat in Thailand, she came home on fire and with a passion to spread the gift of yoga. Each day she is blessed with this opportunity to spend time with fellow yogis, witness/effect transformation, and give back.

Yoga Roots is truly a Community. We empower our teachers to be leaders in Making a Difference. For the 2019/20 Teacher Training, we have elevated several teachers to be lead contributors.



CO-LEAD CONTRIBUTORS:

Aimee Hoffman	E-500 RYT
Heidi Wuescher	E-500 RYT
Sharon Baker	E-200 RYT
Sarah Shemory	200 CYT
Katie Opalich	200 CYT

Combined, they bring such diverse energy, skill and leadership qualities. We know that their involvement as co-lead contributors will lend our training to a well rounded experience. And there will be other Yoga Roots teachers incorporated as well. And together, we hope to inspire. Come join us and become part of this special YR Family!



ANATOMY EXPERT - **Carol Ferkovic Mack**

Yoga Roots is blessed to have an in-house anatomy and physical therapy expert who also happens to be a long time professional colleague of Kim's. We would like to introduce Carol Ferkovic Mack to you. Carol will work with each of you so that you are well guided in the areas of anatomy, injuries, and body management. While all teachers whom are part of the training are well versed, Dr. Mack adds her credentialed medical experience to provide you with the most well rounded guidance a teacher training program can offer. Best part, she's a yogi so she gets it. Below is some information about Carol.

Carol Ferkovic Mack, PT, DPT, SCS, CSCS is the owner of CLE Sports PT & Performance in Cleveland, Ohio. Carol graduated from Duquesne University's Doctor of Physical Therapy program in 2006 after playing four years of varsity soccer. She is a Board Certified Specialist in Sports Physical Therapy specializing in end-stage rehabilitation of soccer athletes, female athletes, and runners. Carol is also a Certified Strength & Conditioning Specialist and a Precision Nutrition Level 1 Certified Coach. She serves as a Physical Therapist for Beaumont School Athletics and Distance Running Coach for Fleet Feet Sports Cleveland.

Carol recently finished her second term as Chair of the Female Athlete Special Interest Group through the American Physical Therapy Association. She is now Vice Chair of Educational Programming for the American Academy of Sports Physical Therapy as well as a member of the US Olympic Committee's Volunteer Medical Staff. Carol was previously a Physical Therapist at Cleveland Clinic's Sports Health Center, where she was chair of Cleveland Clinic's "Match Fit" soccer performance enhancement and injury risk reduction program and co-director of Cleveland Clinic's Sports Physical Therapy Residency.