

YOGA TEACHER TRAINING INFORMATION KIT



200 Hour Yoga Alliance Certified
Yoga Teacher Training: A Groundbreaking
Platform of Leaders In the Industry

January - May '24





YOGA ROOTS TEACHER TRAINING: INFORMATION KIT

200 Hour Yoga Teacher Training | January - May '24

You are about to embark on a Journey of a Lifetime. This eight-weekend 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!

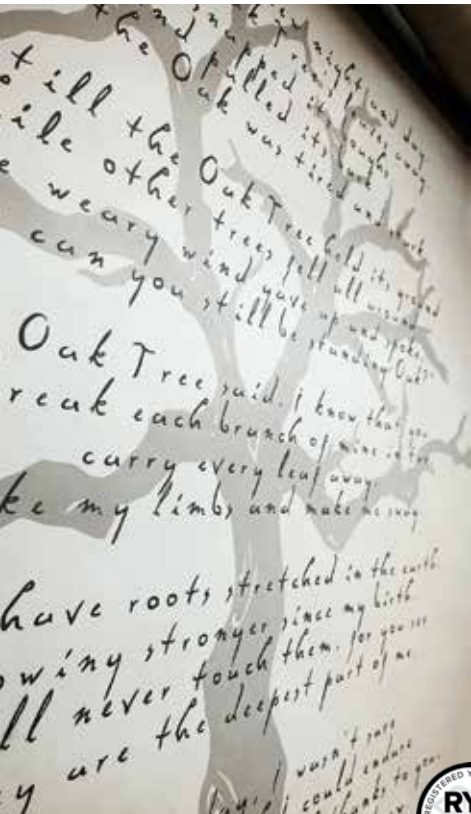
YOUR 200 HOUR JOURNEY

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 eight weekends over the course of five months, giving you the balance of your time to apply your knowledge and practice skills you receive.

Yoga Roots is a certified yoga school with Yoga Alliance. We are excited to launch our ninth year of teacher training, and even more so with this groundbreaking platform!





TEACHER TRAINING WEEKENDS (tentative schedule)

The following are tentative dates for the 2023/2024 YR Teacher Training:

January 19-21

February 2-4 and 23-25

March 8-10

April 12-14 and 26-28

May 10+11 (not Sunday, Mother's Day)
and 17-19 (Graduation hours)

Zoom and independent study hours will complete your 200 hour requirement.





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. 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 December 14: \$500 discount
- Full payment without finance charge: January 12
- Three payment plan: Add 5% interest
- \$500 registration, plus \$997.50 payable on 1st Friday in three monthly installments:
2/2/24, 3/1/24 and 4/5/24



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 12/31/23, 50% by 1/10/24. All proceeds are non-refundable after 1/10/24.

* 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 miscellaneous office supplies. Estimate of \$120 out of pocket expenses.



COLLECTIVE INSTRUCTORS:

A groundbreaking platform of leaders in the industry from Yoga Roots to city-wide yoga instructors from all over the Cleveland area.



Kim Curtis

Kim Curtis is the owner of Yoga Roots, now in its 10th 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 and affect transformation, and give back.

“IT’S ABOUT THE JOURNEY - WHERE YOU CONTINUE TO CHALLENGE YOURSELF AND GROW. THIS IS A DEFINITIVE MOMENT IN TIME. THERE’S LIFE AS YOU KNOW IT NOW, FOLLOWED BY A TRUE SENSE OF ENDLESS POSSIBILITIES THAT LIE AHEAD AFTER TEACHER TRAINING.”

Christie Gascoigne

Christie has been teaching yoga for 15 years and has co-lead and assisted teacher training programs throughout her career. She is excited to co-lead the teacher training program at YR because it is all encompassing. “What I love most about our program is that the emphasis is on the “why” behind the practice. We don’t prescribe to just one model. We will dive deeper into the functional aspect of yoga and how it heals the body physically + mentally, notwithstanding emotionally + spiritually.”

“MY GOAL IS TO HELP PEOPLE UNDERSTAND AND HONOR THEIR BODIES. IT DOESN’T MATTER WHAT TYPE OF YOGA YOU PRACTICE, IT JUST NEEDS TO BE SOUND AND HEALTHY.”

Heidi Weuscher

Heidi has been practicing yoga for over 20 years and teaching over ten. She believes yoga is for everyone, and her training and experience reflects a rich background of approaches and students. She is passionate about the YR community where she teaches meditation, pranayama, Yin, Slow Flow and Reiki Trainings. She also believes, “Teaching YTTs is the culmination of a yoga teacher’s work. It is an opportunity to expand yoga and its potential to support people in their journey through life exponentially.”

“YTTs TEACH PEOPLE IN SPACES AND PLACES WE MIGHT HAVE NEVER REACHED, OFFERING THEIR UNIQUE VOICES.”

Sindy Warren

Sindy has been a dedicated teacher and student of yoga for many years. She is also the author of *Radi8: Using the Practice of Yoga To Spark Your Inner Shine*. Sindy is thrilled to be a part of YR’s teacher training program because at YR we are all about community and growth, two things about which Sindy is passionate!

“WE ARE ALL ABOUT COMMUNITY AND GROWTH.”

Bridgette Kasubick

Bridgette earned her teaching certificate in 2017 and has taught a variety of classes at several Cleveland studios, and now calls Yoga Roots home. She has coached and facilitated many teacher trainings. Alignment, cuing, and sequencing are among her favorite topics to teach. Post-pandemic, she is eager to get on her mat with a fresh group of TTs from Yoga Roots to share her knowledge and experience. Teacher training is super rewarding, and I cannot wait to get started!

“ALIGNMENT, CUING AND SEQUENCING ARE MY FAVORITE TOPICS TO TEACH.”

Aimee Hoffman

Aimee started teaching in 2013 and has since completed 500+ more training hours in trainings specific to Yoga Therapy and the Ayurvedic teaching. She brings a passion for movement, strength and acceptance as well as an acceptance of meeting yourself where you are on your mat each day. She has assisted in our past teacher trainings and loves to connect with the trainees in the program. She firmly believes that yoga teacher training is the place where bonds and friendships for life are created.

“SOME OF THE BEST TEACHERS ARE THE ONES WHO ARE REAL AND HONEST WITH THEIR STUDENTS, THE ONES WHO KNOW THEIR STRENGTHS AND WEAKNESSES AND CAN TEACH A CLASS THAT ALLOWS THEM TO GROW EACH TIME THEY STAND IN FRONT OF A ROOM OF PEOPLE.”



COLLECTIVE CITY-WIDE INSTRUCTORS

- Mary Laura Bowers
- Candy Koslen
- Cierra Rosen
- Jessica Zuik
- Kat Hollo
- Tracey Rhinehart
- Sarah Trask

ANATOMY EXPERT

Anthony Trem

With more than 20 years of experience, more than a decade of those in professional sports, Anthony Trem has a refined, expert knowledge of physical movement, mobility, alignment, strength and function. He combines his doctorate-level education with his passion for athletics and belief that yoga benefits every body in both his everyday and professional life.



IN CLOSING

Our highest aim is to create a safe environment where you will learn from fifteen experienced teachers who live the practice, offer multiple experiences and lenses, and provide encouragement and mentoring. We want this experience to be both individually transformative, as well as a connected journey with like minded yogis. You will never forget this path and time in your lives. Upon graduation, we are here to help you work towards however you see this training manifesting in your lives.