

YOGA TEACHER TRAINING INFORMATION KIT



200 Hour Yoga Alliance Certified
Yoga Teacher Training
December '24 - May '25





YOGA ROOTS TEACHER TRAINING: INFORMATION KIT

200 Hour Yoga Teacher Training | Decemer '24 - May '25

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 2024/2025 YR Teacher Training:

December 6-8

January 10-12 and 24-26

February 7-9

February 28-March 2

March 14-16

April 4-6 and 25-27

May 16-18

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)
 - Three options for payment:
 1. Prepayment by 11/1/24 (includes prepayment discount) — Pay \$2,850* on or before 11/1/24. This represents a prepayment discount of \$500.
 2. Two-payment option — All students must pay a \$500 registration fee. The balance of \$2,850 is divided into two payments: \$1,425* due on 12/1/24; and \$1,425* due on 2/15/25
 3. Monthly Option — \$500 registration fee, and the balance (plus 5% interest) payable the first of each month, from December '24 through May '25 in the amount of \$498.75*
- * the above payment amounts are applicable if paying by check or cash. Add 3.5% to any amount paid with credit or debit card.



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 11/20/2024, 50% by 12/1/24. All proceeds are non-refundable after 12/1/24.

* 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.





But still the Oak Tree held its ground
while other trees fell all around
The weary wind gave up and spoke,
"How can you still be standing Oak?"

The Oak Tree said, I know that you
can break each branch of mine in two,
carry every leaf away,
shake my limbs and make me sway.

But I have roots stretched in the earth,
growing stronger since my birth.
You'll never touch them, for you see
they are the deepest part of me.

Until today, I wasn't sure
of just how much I could endure.
But now I've found with thanks to you,
I'm stronger than I ever knew.

Sharing the Power by...



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 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.”

Heidi Wuescher

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, a certified yoga instructor since 2017, has shared her passion for yoga at studios across Cleveland before finding her home at Yoga Roots. She’s known for leading engaging teacher trainings, where she focuses on alignment, cuing, and crafting thoughtful sequences. Bridgette thrives on guiding new teachers and is excited to dive in with a fresh group of trainees, ready to share her expertise and love for the practice. The most rewarding part of her work is seeing the growth and confidence her trainees develop, both on and off the mat.

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



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.