

100-hour yoga immersion
200-hour yoga teacher training

January-October 2022

yoga now

Contact us
elementalyogacolumbus@gmail.com

Visit us
www.elementalyogacolumbus.org

APPLY NOW



meditation • pranayama • alignment • philosophy • sequencing • anatomy

*N*ow is the time to
be yourself.

With Yoga Now@EYC Teacher training, your potential to serve yourself and others is in this moment is waiting for you. Steeped in community with caring, varied, and experienced teachers, your ten-month commitment will have a lifelong impact.

If you want to know more about yoga, join this training for regular, structured learning and growth. Our program offers a safe and healing space for your own personal practice to deepen, new relationships to grow, and ways to live your yoga both on and off the mat.

*N*ow is the time to
remember yourself.

Yoga Now@EYC offers two pathways. For those wanting to understand how to begin to use yogic tools and traditions to comprehend, teach, and receive the benefits of yoga, we offer a full 200-hour pathway, which results in Yoga Alliance certification.

For those to wanting to deepen their practice or have already obtained certification, we invite you to join the first 100 hours of our course. At any time, this option can be applied to the 200-hour pathway. We have reserved your seat.

information



Sources Will Include:

Bhagavad Gita

Eknath Easwaran

(audio or print version)

Yoga: The Spirit and Practice

of Moving into Stillness

Erich Schiffmann

30 Essential Yoga Poses:

For Beginning Students and

Their Teachers

Judith Lasater

Key Muscles of Yoga

Ray Long

Yamas and Niyamas:

Exploring Yoga's Ethical

Practice

Deborah Adele

Teaching Yoga: Essential

Foundations and Techniques

Mark Stephens

The Yoga Sutras of Patanjali

Swami Satchidanada

The Book of Chakras:

Discover the Hidden Forces

Within You

Ambika Wauters

Informational Meetings

September 29, 7:15 p.m.

[Join using this Zoom link](#)

October 3, 2:00 p.m.

at Elemental Yoga Columbus

Monthly Schedule

Saturday and Sunday 9:00 a.m.-6:00 p.m. (in-person)

Wednesday 6:00 p.m.-10:00 p.m. (virtual)

We will meet monthly from January through October. Students attend a themed weekend each month, followed by a virtual weeknight session that focuses on anatomy and philosophy.

We take a break from our schedule in June to allow ourselves time to rest, reflect, work on our home practice, and meet with mentors.

The Curriculum

Asana

Poses, their historical context, sequencing, pairing with breath and meditation practices, anatomical and alignment principles, as well as contraindications.

Pranayama and the Subtle Body

Effects of pranayama on anatomy and subtle body, safe sequencing of pranayama including alternatives and adaptations, koshas, kleshas, chakras, nadis, prana vayus.

Meditation

Key meditation terms, methods by lineage, techniques for practice, chanting, mantras, and mudras.

Anatomy and Physiology

Major bones, joints, muscles involved in asana, and types of muscle contraction. The nervous system, stress response, body systems, and how muscles affect breathing.

Ethics, History, and Philosophy

Relationship among asana, pranayama, meditation, familiarity with major yogic texts, reflection on how philosophy relates to practice. Awareness of yoga sutras' ethical commitment, responsibility to increase equity in yoga.

Teaching Methodology

Sequencing, pace, environment, cuing, class management.

Professional Development-

Professional credentialing process, lifetime of learning and continuing education, general professionalism

Teaching Practice

Knowledge, skills, experience across key competencies, mentorship component/apprenticeship, feedback.

Dates

January 29 & 30

February 9

February 26 & 27

March 16

March 26 & 27

April 6

April 23 & 24

May 4

May 21 & 22

June 8

July 23 & 24

August 3

August 20 & 21

September 7

September 17 & 18

October 5

October 15 & 16

Tuition

200-hour certification
\$2700 paid in full by
November 1, 2021
OR
\$3000 paid in full
by December 31, 2021

We are offering a
payment plan of
\$300/month to
begin January 2022.

100-hour immersion
\$1750 paid in full by
December 31, 2021

We also offer partial
scholarships. Please
find additional
information on page 4.

[APPLY NOW](#)



Kathy Therber (she/her) | C-IAYT, YACEP 500, RYT, RYS 200

Kathy is a trusted and respected professional with a robust and successful career as a yoga teacher for over 18 years. She has worked with cancer survivors and caregivers, medical studies, military, wellness organizations, fitness centers, retreats, and workshops. She is approachable and adapts classes to meet the abilities of participants.

Kathy brings 30 years of personal practice, including yoga for cancer treatment side effects, and yoga that healed chronic low back and neck pain from a 1992 car accident in San Francisco, California.

Her inspiration to grow in the practice comes from students. Kathy is committed to passing on the teachings of yoga and helping students acquire a well-rounded understanding and practice.



Shannon Clulow (she/her) | E-RYT 500

Shannon decided to seek yoga certification in 2015 to deepen her understanding of the practice and to share the things that impacted her life so profoundly. In her classes, she artfully sprinkles the essence of yoga philosophy, whether she's teaching a challenging, physical practice or a gentle, slow-moving practice. She loves it when her students have an "aha moment," whether physically, mentally, or spiritually. When she practices, she seeks yoga steeped in self-care—restorative, gentle, or yin. Shannon loves being outdoors as much as in—hiking, biking, running, and kayaking bring her as much joy as reading, drawing and painting, and hanging out with friends. Her dog is an important part of her life. She is grounded, practical, and reliable.



Rachelle Antcliff (she/her) | E-RYT 200, RCYT, Level 2 iRest Teacher, Kripalu Mindful Outdoor Guide

Rachelle fell in love with yoga over twenty years ago and finally became a teacher in 2015. She loves to teach meditation, gentle classes, and kids yoga. She believes every class should be built around curiosity, playfulness, and laughter. When she is in her yoga zone, she is involved in a mindful outdoor experience or engaging in a breath practice. She loves to garden, hike in the creek with her sons, daughters-in-law, and grandson, and, at any given time, her floors are covered in muddy dog footprints. She loves to cook vegetarian dishes, laugh with family and friends, and hopes to read all of the books

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scholarships

Yoga Now Teacher Training Scholarships

Yoga Now @EYC is committed to making the yoga community more inclusive and accessible. Our intention is to use our scholarship program to offer opportunities to those who would otherwise not be able to attend a yoga teacher training program and to make our offerings accessible to everyone who feels called towards this path.

Additionally, Yoga Now @EYC is dedicated to celebrating diversity across cultures, race, ethnicities, belief systems, sexual orientations, ages, abilities, and body types.

We acknowledge a lack of diverse representation in yoga classes in the West and commit to doing what we can to increase access to yoga's healing potential in communities of need and throughout marginalized populations.

Funds are currently available for yoga students who wish to train as teachers. We are dedicated to training teachers who promote inclusivity, accessibility, and value racial equity. We welcome applications from people of all ages and underrepresented populations, including BIPOC, LGBTQIA, Latinx, veterans.

A limited number of scholarships for the 200-hour program will be awarded for each cohort.

To apply, email a letter of application addressing the following to elementalyogacolumbus@gmail.com

Please tell us more about your story/ life experience and interest in yoga.

- How long have you been practicing yoga, and who or what have been your primary influences?
- What is your intention behind taking the teacher training?
- How will you use this training to make a difference in your community?
- How has yoga benefited you?
- How much help do you need with tuition and what are your circumstances?
- Please tell us something about yourself that you think will help you be successful in the training.

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access • equity • inclusion • diversity • opportunity • representation

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