

Directors



Kathy Donnelly,
E-RYT 500,
Owner/Director
of The Yoga
Center of

Columbia, and Certified Anusara Yoga® Teacher, is a graduate of the Yoga Center's Teacher Training, Willow Street Yoga Center's 200 Teacher Training and Advanced 500 Teacher Training Programs. Kathy has studied extensively with John Friend, the founder of Anusara Yoga and many other Senior Teachers. Studies in Meditation include Zen Master Thich Nhat Hanh, Jack Kornfield and Sharon Salzberg. Kathy presents Anusara Yoga, meditation and the fundamental guidelines for becoming an effective Yoga Teacher. Kathy's nurturing and joyful nature will support you in discovering your unique gifts and how to share them in Yoga.



Cheryl Catranbone,
E-RYT 500 and
Certified
Anusara Yoga®
Teacher, has

been studying and practicing yoga in earnest since 1993. A certified yoga teacher since 1996, Cheryl found her way into the family of Anusara Yoga in 2000. Cheryl continues to evolve

By experiencing the rich spectrum of yoga and teaching styles offered at The Yoga Center of Columbia, you will gain a comprehensive foundation from which to teach!

in her practice and teaching by spending as much time as possible with her primary teacher, John Friend. With a deep focus on the Therapeutic aspects of yoga Cheryl is deeply rooted in the benefits of the Universal Principles of Alignment of Anusara Yoga. Cheryl is also a student of Zen Master Thich Nhat Hanh and Dr. Douglas Brooks. Cheryl shares her deep love and passion for yoga with genuine warmth, humor and joyful expression.



Lucy Lomax,
E-RYT 500,
Certified
Anusara Yoga®
Teacher, credits

yoga with keeping her sane in a frenetic world. Retiring early after 32 years as a public financial policy analyst, Lucy has been teaching yoga since 1999. Having trained extensively with John Friend, founder of Anusara Yoga and her primary teacher, Lucy focuses on the therapeutic application of Anusara Yoga to align body, mind, and spirit. Infusing her teaching with enthusiasm and lightheartedness, Lucy teaches for the Yoga Center of Columbia, Willow Street Yoga Center and Shaki Studio, MD. When she has free time, Lucy can be found contemplating her knitting or sipping a steaming cup of Darjeeling by the fireplace.

Teacher Training 200

Mission Statement

This program focuses on the fundamentals of yoga and teaching shared by all traditions. We align with root aspects of yoga, breath, meditation, intention, and service which give rise to the various schools and styles. In this student-centered program, we encourage you to discover your evolutionary path. The program covers the history and philosophy of yoga, asanas, pranayama, meditation, anatomy, physiology and adjustments. Creativity and personal exploration will be encouraged as you deepen your practice and develop your teaching skills.

The Teacher Training 200 Program will:

- ◆ Prepare you to teach Beginner and Intermediate level Hatha yoga classes;
- ◆ Deepen your yoga practice, your understanding of yogic principles, mentor you to become an effective and inspiring teacher;
- ◆ Qualify you to register with Yoga Alliance as a Registered Yoga Teacher at the 200 hour level (RYT200);
- ◆ Provide direct experience with senior teachers through apprenticeship.



8950 Route 108, Suite 109, Columbia, MD 21045
410. 720.4340
www.columbiayoga.com

2012

Teacher Training 200



the Yoga Center
of Columbia

**with Kathy Donnelly,
Cheryl Catranbone
& Lucy Lomax**

410. 720.4340

8950 Route 108, Suite 109, Columbia, MD 21045

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E-mail: info@columbiayoga.com

Teacher Training 200

This comprehensive program meets or exceeds the new, revised requirements for a Registered Yoga Teacher.

This course has been carefully designed to be comprehensive, professional and yet convenient for busy lifestyles. Upon satisfactory completion of this program you will be entitled to register with Yoga Alliance at the 200-hour level (RYT200).

2012 Dates

January	Fri 1/27,	Sat 1/28,	Sun 1/29
February	Fri 2/17,	Sat 2/18,	Sun 2/19
March	Fri 3/23,	Sat 3/24,	Sun 3/25
April	Fri 4/27,	Sat 4/28,	Sun 4/29
May	Fri 5/18,	Sat 5/19,	Sun 5/20
June	Fri 6/22,	Sat 6/23,	Sun 6/24
July	Fri 7/27,	Sat 7/28,	Sun 7/29
August	Fri 8/24,	Sat 8/25,	Sun 8/26
September	Fri 9/21,	Sat 9/22,	Sun 9/23
October	Fri 10/26,	Sat 10/27,	Sun 10/28
November	Fri 11/16,	Sat 11/17,	Sun 11/18

Times

Fridays	6:30pm – 9:30pm
Saturdays	12:00pm – 6:15pm
Sundays	1:00pm – 6:15pm

A syllabus and other information will be distributed the first day of class.

If you desire a deeper understanding of yoga, this program will enrich your yoga and your life - even if you have no intention to teach!

Teaching yoga is, fundamentally, an expression of your personal experience - not only your experience on the yoga mat but also your experience of life, of being with people, and of communicating as a teacher.



How Do I Register?

Submit Application and Registration Forms with \$295 deposit (refunded if you are not accepted). Call the Yoga Center at 410.720.4340 Or e-mail us: info@columbiayoga.com for application packet.

Cost/Payment /Refund Policy

The cost of the program is \$3,295. The \$295 deposit must accompany your application. Payment in full or arrangements for payment plan is due 14 days prior to the start of the program. Contact The Yoga Center for details of the payment plan. Full refunds (minus the non-refundable deposit of \$295) will only be granted until January 29, 2012. After January, refunds will only be considered in cases of medical emergency.

What Happens If I Miss A Class?

Missed hours can be made up by substituting hours from approved workshops. Approved workshops shall include any workshop offered at The Yoga Center of Columbia or any workshop approved by the Directors of Teacher Training prior to taking the workshop.

Eligibility

Teaching yoga requires a commitment and dedication to learning and studying the principles and practices of yoga. To participate in the Teacher Training Program and receive maximum benefit from the program, participants should:

- ◆ Have practiced yoga a minimum of two years and are comfortable in Yoga 2 classes;
- ◆ Have a regular daily practice;
- ◆ Be committed to studying, learning and developing the skills necessary for teaching yoga.

Requirements

Certification as a RYT200 yoga teacher requires 180 Contact Hours plus 20 Non-Contact Hours. These 200 hours include: Techniques (100 hours), Teaching Methodology (25 hours), Anatomy & Physiology (20 hours), Philosophy, Ethics & Yogic Lifestyle (30 hours), and Practicum (10 hours). Participants typically spend 250+ hours completing the program.

During the program you are required to take one regular weekly yoga class with Kathy, Cheryl or Lucy at the Yoga Center of Columbia.

Required Reading

Required reading materials are not included in the cost of tuition. Textbooks are available for purchase at The Yoga Center.

- ◆ Anusara Yoga Teacher Manual, John Friend
- ◆ Yoga Language Series, Learn To Pronounce Yoga Poses with Manorama
- ◆ The Key Muscles of Hatha Yoga, Ray Long & Chris Macivor
- ◆ Hatha Yoga Illustrated, Martin Kirk, Brooke Boon, Daniel DiTuro
- ◆ The Bhagavad Gita: Introduced and translated by Eknath Easwaran
- ◆ Key Poses of Hatha Yoga, Ray Long and Chris Macivor
- ◆ Yoga Sutras of Patanjali, as interpreted by Mukunda Stiles

Student Project

Each student completes either a community service project, an in-depth yoga inquiry through personal practice with written summary, or a 2500-word research paper. The purpose of your project is to explore an aspect of yoga or yoga instruction that calls to you, thereby discovering who you are becoming as a person, a yoga practitioner and as a yoga teacher.