

PROGRAM OBJECTIVES:

200 HOUR COURSE

- *To create a group environment which provides an in depth experience of yoga and personal growth within each individual
- *To learn yoga postures in detail, therapeutics, and other yoga techniques and philosophy through direct experience and practice
- *To be able to teach a yoga class using various styles and approaches with awareness and confidence, expressing what you have learned and giving what you have received

Bhumi's 200-hour course was the first Yoga Teacher Training in Ohio and the Midwest. It is nationally recognized by the Yoga Alliance and graduates receive a certificate upon completion.

The Advanced 500 hour Training is the next level and also was the first one in the Midwest.

19322 East River Road
Columbia Station, OH 44028
Phone: 440) 236-6366
Email: bhumi@bhumiyyoga.com
Website: bhumiyyoga.com



Bhumi's Yoga and Wellness Center was the first yoga school in Ohio with a certification program nationally recognized by the Yoga Alliance.

YTT 2016

**YOGA TEACHER
TRAINING
(CERTIFICATION
COURSE)**



200 hours
500 hours



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Harriet “Bhumi” Russell, E-RYT, Masters of Science, Program Director (on right)

Bhumi is an international teacher who resides in right here in Ohio! Directing Yoga Teacher Training Programs for 30 years, she incorporates many styles of yoga in the Bhumi’s YTT and brings in her expertise in Holistic Health Education, Yoga Therapy, Shiatsu, Massotherapy & Energywork, Coaching, and Sanskrit to her teachings. A world citizen, Bhumi lived overseas for eight years. She presents yoga in a way which relates to the Western society we live in without sacrificing the depth of the discipline.

Nikki Pawlowski, E-RYT, Personal Trainer, Assistant Director (on left)

Nikki is a 2002 Graduate of Bhumi’s YTT, personal trainer, and corporate wellness program developer.

Special Guest Teachers include:
Yogi Amrit Desai Yoga Nidra weekend
Dr. Vijay Jain, MD - The Science of Ayurveda

Nikki Rogers, RYT, Physical Therapist,
2008 Graduate of Bhumi’s YTT
Tom Carney, 2000 Graduate of Bhumi’s YTT
Aaron Vaughn, LD Legal/Financial Tips

Bhumi’s Graduate Teachers as Assistants

BHUMI’S YOGA TEACHER TRAINING

“Bhumi, you are a wonderful ambassador of yoga. You carry the light.” Yogi Amrit Desai

APRIL — OCTOBER 2016 WEEKEND YTT PROGRAM

LOCATION: A country setting in Columbia Station, Lorain County, just 30 mins from downtown Cleveland. New state of the art yoga studio with a view of the woods and pond. Outdoor yoga deck and walking trails. Perfect retreat like environment to really experience the depth of yoga in body, mind and spirit.

200 HOUR PROGRAM:

Next available program starts APRIL 1, 2016

Take classes/workshops now to get ready!!!

EARLY BIRD REGISTRATION—\$500 off!

Individualized attention: A limited number of students will be accepted into this program each year.

The first level program, accommodates not only local students, but also those who live a distance away and out of state. It consists of 8 2-3 day weekends taken an average of one weekend per month from April through October, 2016 with a special weekend with Yogi Amrit Desai, Private coaching session with Bhumi, and 10 hours mentored practicum. The additional 10 hours practice teaching can be done concurrently or extended for another year.

Certification granted upon completion.

Bhumi’s was the first 200 hour program in Ohio and the Midwest.

For detailed information packet & course outline:

Call: 440-236-6366

Website: bhumiyyoga.com

Call for Details on the Tuition Costs and Payment Plan:

Housing: Ask us if you want to be housed with a local participant.

WHO SHOULD TAKE YTT?

- Students who want to deepen their practice and understanding of yoga, whether intending to teach or not.
- Individuals who want to grow and transform to move towards their highest potential in an optimal setting with quality, experienced guidance.
- Those who want to get certified to teach yoga.

WHAT PEOPLE ARE SAYING:

“It is very important that you learn yoga from the right source. I have seen Bhumi’s deep commitment and enthusiasm for the practice of yoga and I feel she is a right source. I am always in support of her. YTT is a deeply transforming process. It is a training that prepares you not just as a teacher, but also prepares you as an individual to encounter all life’s situations.”

Yogi Amrit Desai, Founder, Kripalu Center for Yoga and Health and the Amrit Yoga Institute

“I entered YTT on a whim, something "different" to try. I wanted to change my personal commitment to yoga and maybe more importantly my ability to relate with others. Through this program, I experienced a deepening in my yoga practice, a transformation in my skills at group dynamics and met some wonderful new friends! I realize that it was wise to trust my instincts.”

Dave LaSalvia, Dentist, RYT, YTT Grad

“Bhumi provides an opportunity to learn and experience, to express and expand, and to bond with a loving and radiant group of fellow trainees. She puts her heart and soul into the program and her caring never wanes.”

Shirley Pierce, RYT, YTT Grad

“YTT with Bhumi will challenge the boundaries of your practice and understanding of yoga. With Bhumi's focused attention and loving guidance you will learn to share with others the alignment, techniques and modifications of the world's oldest health system. With Bhumi you learn more than how to give information. She sets an example of how to encourage others to live deeply, fully, and with compassion.”

Tom Carney, Carney-McNicholas, YTT Grad

“I encourage any yoga student to take Bhumi’s YTT Program. My intent was to deepen my ‘knowledge’ of yoga. What I walked away with was a deeper ‘love and understanding’ of yoga, and a family bond with my fellow students that will be in my heart and life forever. Bhumi is a fabulous teacher and her covering of material is so abundant and a wonderful reference for future studies and your own practice. You can’t go wrong being in YTT! Explore your possibilities and have fun!”

Linda Barberic, Ad Photography, YTT Grad