

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 the first one in Ohio and the Midwest.

1 9322 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.

**MARCH
YTT 2012**

**YOGA TEACHER
TRAINING
(CERTIFICATION
COURSE)**



200 hours
500 hours



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YOGA TEACHER TRAINING

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

MARCH - NOVEMBER, 2012 WEEKEND YTT PROGRAM

LOCATION: A country setting in Columbia Station, Lorain County, just 30 mins from downtown Cleveland. Indoor yoga space with new outdoor deck on 8 acres of wooded land to explore.

200 HOUR PROGRAM:

Next available program starts MARCH, 2012.
Registration open until February 1, 2012. Late registrations only if space permits.

Individualized attention: Maximum 15 students will be accepted into this program each year. Register early.

The first level program, accommodates not only local students, but also those who live a distance away and out of state. It consists of 170 contact hours in 10 weekends (one special weekend elective with Yogi Amrit Desai), taken an average of one weekend per month from March through November, 2012, 20 additional hours of electives, and 10 hours of mentored practicum. The additional 20 hours of electives and 10 hours practice teaching can be taken concurrently or extended for another year.

Certification recognized by the Yoga Alliance awarded 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: bhumiyoga.com

Cost: \$900 non-refundable deposit plus for \$2,070 tuition and materials for the core program of 9 weekends. Fees vary for the additional electives and are not included here.

Payment plan: Available for \$25/month fee.

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, 1995

“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



DIRECTOR “BHUMI” Be Healthy Under My Instruction

Harriet Russell, RYT, M.S., yoga name “Bhumi”, has been directing Yoga Teacher Training Programs for 25 years. She is former Program Director of Yoga Teacher Training and Bodywork Training certification courses at **Kripalu Center for Yoga and Health** where she lived the monastic ashram lifestyle for eight years under the tutelage of **Dr. Yogi Amrit Desai**. She has also taken yearly Teacher Trainings and Advanced Intensives with **Rodney Yee**, studied with **BKS** and **Geeta Iyengar**, **Choudary Bikram**, took YTT in the **Ashtanga Vinyasa** style, and has studied **Anusara** style. A true educator, she continues to deepen her own knowledge and inner development, recently completing a Teacher Certification in Amrit Yoga Nidra. Her style, “**Bhumi's Blend**” is constantly evolving. It combines structure and alignment, breath and flow, a meditation-in-motion with precision in form. In addition, Bhumi is a certified **Holistic Health Educator** and **Bodywork Massotherapist**, and has studied **Zen Yoga Therapy**, **Shiatsu (Acupressure) Massage**, **Energy and Chakra Balancing**, **Polarity**, **Aikido Martial Art**, and **Sanskrit**. A world citizen, Bhumi lived overseas for eight years, is fluent in Japanese and Spanish, and teaches in various international locations including 3 months in **Kyrgyzstan** in 2008. She is published and has appeared on TV in the U.S. and abroad. Bhumi is the Founder and Director of **Bhumi's Yoga and Wellness Center in Ohio**. She presents yoga in a way which relates to the Western society we live in without sacrificing the depth of the discipline.