



## testimonials

I feel absolutely blessed to have had the opportunity to do my 200-hour yoga teacher training with Diana Spiess. I can't imagine there is anyone else with as much knowledge, passion and dedication than Diana. The breadth of topics covered included philosophy, anatomy, Sanskrit, asana, assisting, business, spiritual (energy, chakras, meditation), communication, healing modalities and much more. We studied Iyengar, hot yoga, vinyasa, hatha and were so thoroughly and carefully taught that it actually amazes me how much we were able to learn in 200 hours. Most importantly for me, I feel that I have the literature (lots of books!) and resources (Diana, the entire Essence team, and my classmates) I need to continue to read, learn, and grow into an experienced yoga teacher. Diana has truly taught what the embodiment of what yoga is supposed to be about.

As I was browsing Facebook one day Essence Mind, Body Studio randomly showed up. It immediately caught my attention. Since I am not located in the area, I immediately saw this as a sign. I reached out and found this is exactly what I was seeking and I would drive the distance to receive it. I was told this training with Diana would change my life and it has. I feel equipped in many ways to share with and teach others the 8 paths of yoga, not just postures. I want to change people's lives just as Diana did mine. My spiritual and physical needs have been met and I am ever so grateful.

Life is beautiful. It is infinite. This journey has awakened the wisdom of my soul and I feel now that I can contribute in a much better way to making the Universe lighter and happier. Namaste. —Susan Marks, 2017 current student

I highly recommend the 200 hour YTT training through Essence. As a current member of the YTT training class, I feel Diana has provided a very broad base of knowledge for us to build our new yoga careers on. We have focused on so many aspects of yoga including anatomy, meditation, healthy eating, as well as the asanas. Through this training you will explore ways yoga can enhance your everyday living and deepen any religious practice you may currently participate in. I feel as though I am taking away so much more than I expected when I first signed up for training. It is an opportunity I encourage everyone to experience.

—Amy Kajca, 2015 graduate

The Yoga Teacher Training (YTT) offered through Essence under the guidance of owner Diana Spiess is [SO] much more than a yoga teacher training. It is a 10 month immersion into health and wellness exploration and education through multiple modalities. We've covered topics such as nutrition, essential oils, energy work, and crystals to name a few. While in the end you earn your 200 hour certification to teach yoga, the certification is minor compared to the overall life altering transformation you will undergo. Diana is constantly seeking out new opportunities of growth for her students by expanding upon her own education. Her wealth of knowledge is vast and unparalleled.

—Mercedes Wise, M.Ed., 2016 graduate

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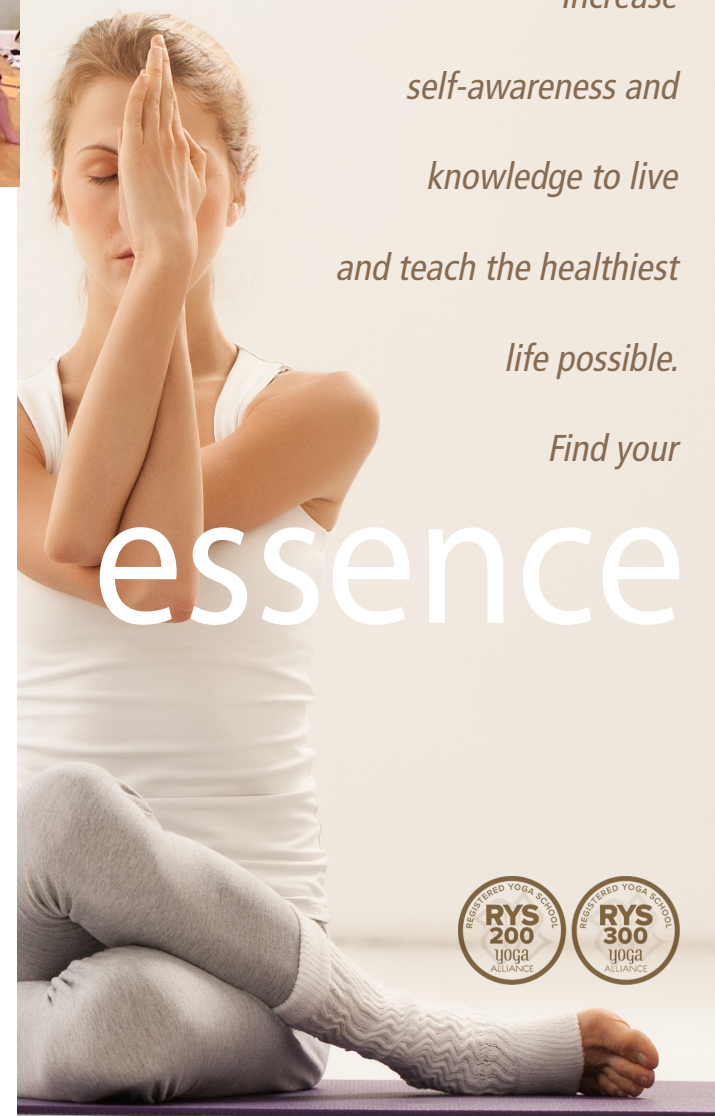
The physical adjustments to my alignment that Diana has performed have provided relief from pain. The information regarding nutrition she shares regularly has helped me adopt not only healthier eating habits, but also a healthier relationship with food and exercise. The energy sessions I have had with her have been the most helpful of all. Diana uses a combination of aromatherapy, sound vibration therapy, Reiki, and acupressure to assist me in releasing pent-up emotional and physical tension, and help me become more balanced in every way.

I always eagerly look forward to working with Diana to be able soak up more information, be further inspired, feel better physically and emotionally, and continue on my path of self-growth!

—Glory Meyer, 2015 graduate

Yoga teacher training is a huge commitment that I have enjoyed immensely. Learning under Diana has been great. Diana has so much to offer, she brings such a wide variety of skills and background to all of our courses each month. She is so knowledgeable, I am proud to have her as my mentor. Being over half way through our 10 months of Yoga training I can't imagine learning this from anyone else. The topics we cover in our training are so vast and huge but somehow Diana makes it all seem attainable and manageable. Her guidance has been amazing and something that I rely on when life gets hectic. Yoga Teacher Training has changed me and I will be sad when the training weekends are over. I know that even after the weekends are over Diana will always be in my life and there for me when I need it.

—Maggie Kollman, 2017 graduate



Increase  
self-awareness and  
knowledge to live  
and teach the healthiest  
life possible.

Find your

# essence



essence *of yoga*

TEACHER TRAINING PROGRAM

In the end you earn your certification to teach yoga, the certification is minor compared to the overall life-altering transformation you will undergo. *—Mercedes Wise, M.Ed., essence of yoga YTT graduate 2016*



"You are far more than just your body; however, your body is the most important tool you have to express who you really are and to live your dreams. In caring for your body you must also take care of all that you are— your essence— to truly live a healthy life."

—Diana M. Spiess

## This training will help you achieve:

- Certification with the Yoga Alliance
- A greater understanding of how the human body works in many ways both physically and beyond the physical realm
- A greater understanding of yoga in all aspects
- Confidence and detailed education in multiple styles of yoga to teach successful and safe yoga classes
- Increased self-awareness and knowledge to live the healthiest life possible
- A greater understanding and practice of self-discipline

## Tuition and Costs

Payment plans spread over the course of the training are available. There is a tuition discount if paid in full by Nov. 30.

There is a book list that each student must purchase. Diana also offers an extensive array of books through the course that are optional to purchase.

A \$500 non-refundable deposit is needed to reserve space in this training. Spaces are limited to allow for detailed, adequate teaching and attention for each student.

## Details

- Once dates are set they will only be considered to be changed if in case of an emergency or severe, unforeseen circumstances.
- If students miss a weekend or part of a weekend, the time can be made up in the same weekend the following year. There are limits to the amount of time a student can miss in the year he/she is signed up due to how this course functions. Please speak to Diana if you have questions on this.
- Weekend training hours total 170. The additional 30 hours to reach 200 for RYT certification through the Yoga Alliance are 15 workshop and 15 class hours with Diana or approved by Diana.

## YEP Group Workshops



These in-depth topic-based workshops are open to anyone and offer CEC's for both Y.A. (Yoga Alliance) and A.C.E. (The American Counsel on Exercise). They are also workshop hours for the 'essence of Yoga' 200hr teacher training school, and offered to those in the 'essence of yoga' 300hr as part of their training.

## 300 Hour YTT

If you have completed a 200hr YA accredited program already, you can start our rolling 300 hr curriculum at any point. For more information email Diana Spiess, [diana@essencembs.com](mailto:diana@essencembs.com)

## About Diana

- 26 years in the fitness/wellness industry
- 6 ACE (American Council on Exercise) Certifications
  - Certified Medical Exercise Specialist (CMES)
  - Certified Orthopedic Exercise Specialist
  - Certified Behavioral Change Specialist
  - Health Coach • Group Fitness Instructor
  - Personal Trainer
- Full Stott Pilates Certification, Level II
- E-RYT (Registered Yoga Teacher) with Yoga Alliance
  - E-RYS Essence of Yoga to Certify Yoga Teachers
  - RPYT (Prenatal) and RCYT (Children)
- C-IAYT Certified Yoga Therapist
- Certified Reiki Master
- Board Certified Holistic Alternative Psychology Master
- Board Certified Metaphysician
- Board Certified Sound Therapy Practitioner/Coach with Soma Energetics
- Certified Vibrational Sound Therapist through VSA
- Advanced Certified Crystal Healer
- Licensed Spiritual Healer
- TRX Suspension Trainer Certified Instructor/Trainer
- Johnny G. Star 3 Certified Spinning Instructor
- IIA Certified Clinical and Therapeutic Aromatherapist
- IIN Certified Health Coach
- Published Writer & Keynote speaker
- Managed one of the largest fitness departments in the Toledo area for over 3 years
- Experience with a multitude of individuals including:
  - Elite and non-competitive athletes of all sports
  - Pre and post-therapy patients of all kinds
  - Pre and post-natal clients • Pre and post-surgical patients
  - Children, teens, seniors and disabilities
- University of Toledo Bachelor's of Science with focus in Health and Wellness. Master's Degree in Progress.



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<b>January 25-27</b> (Fri/Sat/Sun)	Introduction to YTT, coursework and expectations. Beginning asana & pranayama (breathing techniques).
<b>February 22-24</b> (Fri/Sat/Sun)	Introduction to meditation, anatomy & physiology. Understanding flowing (Vinyasa) yoga.
<b>March 22-24</b> (Fri/Sat/Sun)	Introduction to the chakras and continuing anatomy. Hot yoga class, breakdown yoga styles, contradictions and medical conditions.
<b>April 26-28</b> (Fri/Sat/Sun)	Introduction to using yoga props (Iyengar style). Yoga adjustments, yoga philosophy and lifestyle. Eating for overall health and with awareness.
<b>May 17-19</b> (Fri/Sat/Sun)	Partner yoga, anatomy, yamas & niyamas. Students begin teaching.
<b>June 21-23</b> (Fri/Sat/Sun)	Ethics and teaching safety. Inversions and advanced postures. Student projects.
<b>July 26-28</b> (Fri/Sat/Sun)	Communication techniques, detailed pose breakdown. Healing modalities.
<b>August 16-18</b> (Fri/Sat/Sun)	Detailed pose breakdown, understanding malas, mantra and chanting. Understanding your students/audience.
<b>September 20-22</b> (Fri/Sat/Sun)	Master class, Advanced yoga. Starting your yoga business. Restorative Yoga.
<b>October 11-13</b> (Fri/Sat/Sun)	Last asana classes together as a class. Group healing session. Questions & answers. Graduation lunch with families.

## Times

Fridays	5:30pm-9pm
Saturdays	10am-6:30pm
Sundays	10am-5pm

[www.essencembs.com](http://www.essencembs.com)

- ★ YTT Trainees are required to attend all scheduled dates. This is necessary for successful graduation of this teacher training and to gain important skills necessary to become a well-rounded, successful yoga teacher.
- ★ For any unforeseen emergencies, Diana will explain what is necessary to make up any missed hours. There will be additional costs beyond the tuition for any missed hours made up.
- ★ Each weekend is 17 hours of instruction. Students are required to do 30 additional hours of classes and/or workshops to complete their 200 HR YTT Certification.