



Rhonda Kuster (E-RYT500) has a deep passion for, and dedication to, the art of yoga. She began her yoga journey in 1997 and specializes in many things in the world of yoga, including Sanskrit, Urban Zen, and Ayurveda.



Mike Curtis and Margot Milcetic, two of Ohio's first 500-hour certified teachers, have known each other since 1984 and together lead retreats, kirtan, workshops, and yoga teacher training classes for the 200-hour and 500-hour levels. brahmrihiyoga.org



The Yoga Place, which opened in 1995, was one of Ohio's first yoga studios. We provide a nurturing environment for searching, learning, and growing. We believe in your potential and the development that is possible through study and practice. The Yoga Place is a registered Yoga school with Yoga Alliance.

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Learn to teach yoga safely and effectively.



This 200-hour yoga teacher training course is not only for students who wish to teach, but for dedicated students who wish to deepen their own yoga practice. Within this training, we will study both the inner and the outer self. It will be a holistic exploration of mind, body, and spirit.

This course includes:

- Hatha yoga practice as a template for exploring awareness and compassion
- Balancing effort with relaxation
- Physiology and anatomy for understanding the biomechanics of movement
- The development and practice of teaching skills
- An introduction to the classical wisdom of the Yoga Sutras and the Bhagavad Gita
- A syllabus and resource guide
- Mentoring and study groups

Participants will also be exposed to yoga Nidra, prenatal yoga, restorative yoga, using the rope wall, and partner yoga, as well as "hands-on" assisting and adjusting. Safety is emphasized for both you and your students. We aim to work in a way that promotes optimal health and function.

We have two start dates annually—one in September and one in January. Our training weekends are once a month (usually the second weekend). We meet on Fridays from 6:00 pm to 9:00 pm and on Sundays from 8:30 am to 4:30 pm with a break for lunch. We also have six Saturdays scheduled for special programming.

The tuition for the teacher training is \$2200 and includes books, any of our regular ongoing yoga classes at our three locations that you want to attend, and a weekend silent retreat in August. **The cost is lowered to \$2,000 if you pay before the end of August for the training starting in September, or before the end of December for the training starting in January.**

