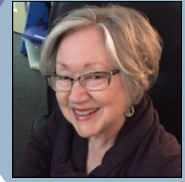


# Instructors

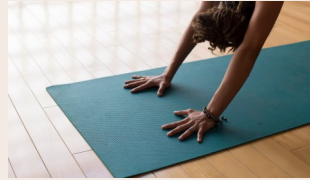


**Lucy Lomax, C-IAYT, ERYT500, C-iRest®, C-WAE, C-Y4A, RPYT, YACEP**, is a Certified Yoga Therapist, Experienced Yoga Teacher, Certified iRest Meditation Teacher, Certified Warriors at Ease Teacher, Accessible Yoga Teacher, and is co-director and master trainer for Y4A Yoga for Amputees. Lucy has been teaching yoga since 1999 and is a trainer for both entry and advanced level yoga teachers. She teaches public classes, therapeutic workshops and yoga teacher continuing education, retreats, and private yoga therapy sessions. Her teaching focuses on trauma-sensitive yoga and meditation, and aligned, adaptive and accessible yoga for injuries, illnesses, special conditions, and recovery.



**Kelly Fisher, C-IAYT, E-RYT500, AYS, YACEP**, is a Certified Yoga Therapist, Experienced Yoga Teacher, Ayurvedic Yoga Specialist, Yoga for Healthy Aging Teacher, and she has completed part I of the Warriors At Ease YTT involving trauma-sensitive yoga. Her instruction is based on over 25 years of meditation practice and her multidisciplinary study of hatha yoga, tantric philosophy, and ayurveda. Kelly co-leads deeper study through six month Yoga and Ayurveda Immersion programs. Since 2002 she has been running a successful yoga business, Wildflower Yoga, where she offers private and public classes and workshops, and leads international yoga retreats. She also offers private yoga therapy sessions.

# Yoga Teacher Training 200



**COURAGE, COMPASSION, COMMITMENT  
BECOME A REGISTERED YOGA TEACHER**

## 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, therapeutics and adaptations. 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. This program is also appropriate for those wishing to teach senior or gentle yoga.
- Deepen your yoga practice and 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.



**The Yoga Center of Columbia**

8950 State Route 108, Suite 109, Columbia, MD 21045

410.720.4340

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

# Yoga Teacher Training RYT200 Program

# 2024



**The Yoga Center of Columbia**

410.720.4340

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

8950 State Route 108, Suite 109  
Columbia, MD 21045

# Yoga 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 eligible to register with Yoga Alliance at the 200-hour level (RYT200).

**LEARN HOW TO SHARE THE GIFT OF YOGA WHILE DEEPENING YOUR COMMITMENT TO THIS PATH.**

## 2024 Dates

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

## Times

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

Register Online or Print Application Form and return with \$295 deposit (refunded if you are not accepted). Use QR code below or download the brochure / form from our website at [www.columbiayoga.com](http://www.columbiayoga.com)



## Cost/Payment / Refund Policy

The cost of the program is \$3,295. The \$295 deposit must accompany your application. Payment in full or arrangement for payment plan is due 14 days prior to the start of the program. Receive a \$100.00 discount for full payment by the first weekend. 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 28, 2024. 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 most workshops offered at The Yoga Center of Columbia or any workshop approved by the Director 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 - taking classes regularly;
- ◆ Have a home yoga practice;
- ◆ Be committed to studying, learning and developing the skills necessary for teaching yoga.



## Requirements

Registration 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.

A weekly yoga class at the Yoga Center of Columbia is included in your tuition.



## Required Reading

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

- ◆ Hatha Yoga Illustrated, Martin Kirk, Brooke Boon and Daniel DiTuro
- ◆ Yoga Toolbox for Teachers and Students, 3rd Ed, Joseph & Lillian LePage
- ◆ Key Muscles of Hatha Yoga, Ray Long
- ◆ The Bhagavad Gita, translated by Eknath Easwaran
- ◆ Yoga: Discipline of Freedom, Barbara Stoler Miller

**Recommended:** Science of Yoga, Ann Swanson



## Student Project

Each student will complete 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, as a yoga practitioner and as a yoga teacher.