



**Community Yoga School**

presents

# Yoga Teacher Training

## RYT 200 Hour Yoga Teacher Training

*Community Yoga School - Our Name Says it All.* The JCC of Indianapolis offers yoga teacher training for those who want to take their yoga to a higher level or share the gifts of yoga with others.

Community Yoga School has a strong emphasis on anatomy to ensure that our teachers graduate fully prepared to teach the safest classes. Our highly experienced and diverse teacher training team bring a unique depth of knowledge to our yoga school experience.

At the JCC, we like to say that Community is our middle name because all members of the community are welcome to join. You don't have to be Jewish, in fact most of our members come from other religious backgrounds.

# Sep 5, 2018–May 22, 2019

## Wednesdays | 5:30–9:30 PM



RYT 200 Hour YTT. \$3,000 (Including \$200 non-refundable deposit).  
Pay in full before Aug 15 and get early bird special pricing (\$2,700).

Or choose an affordable monthly payment plan through EFT, \$373/month  
for 8 months (total cost \$3,180 including \$200 non-refundable deposit).

Current college students receive a 10% discount.

### 2018–19 Weekend Intensives

- Saturday, Sep 29, 2018 . . . . . 4:00–7 PM
- Sunday Sep 30, 2018. . . . . Noon–4 PM
- Saturday, Oct 20, 2018 . . . . . 4:00–7 PM
- Sunday Oct 21, 2018. . . . . Noon–4 PM
- Saturday, Dec 1, 2018 . . . . . 4:00–7 PM
- Sunday Dec 2, 2018. . . . . Noon–4 PM
- Saturday, Jan 19, 2019 . . . . . 4:00–7 PM
- Sunday, Jan 20, 2019. . . . . Noon–4 PM
- Saturday, Feb 23, 2019 . . . . . 4:00–7 PM
- Sunday, Feb 24, 2019 . . . . . Noon–4 PM
- Saturday, Mar 16, 2019. . . . . 4:00–7:00 PM
- Sunday, Mar 17, 2019 . . . . . Noon–4:00 PM
- Saturday, Apr 20, 2019 . . . . . 4:00–7:00 PM
- Sunday, Apr 21, 2019 . . . . . Noon–4:00 PM

### 2018–19 No Class Wednesdays

- Sep 26, 2018 . . . . . Sukkot
- Oct 10, 2018 . . . . . Wash. Township Fall Break
- Nov 21, 2018 . . . . . Thanksgiving Week
- Dec 26, 2018 . . . . . Wash. Township Winter Break
- Mar 27, 2019 . . . . . Wash. Township Spring Break



# Community Yoga School

## 2018 Open House Dates

**Sat, Jun 9, 2018 . . . . . 4:30–6:30 pm**

**Wed, Aug 8, 2018 . . . . . 6:30–8:30 pm**

### Meet Our Trainers

**Ashley Kay Zeller | Trainer | E-RYT® 200**

Ashley is a certified E-RYT® 200 and offers 14 years of yoga teaching experience to the JCC. Her personal testimony of using yoga to ease anxiety, depression, and chronic pain brings raw authenticity to her teaching style. Whether teaching Power Vinyasa or Yoga for a Healthy Back, Ashley’s classes always have a basis of healing and freedom.

**Kathleen O’Brien Allgood | Lead Trainer | E-RYT® 200 & RYT® 500, COTA**

Kathy is more than a certified E-RYT® 200. She is also a Certified Occupational Therapy Assistant, Certified Personal Trainer and a Silver Sneakers Certified Group Fitness Instructor. She spent many years trying to fit fitness and healthy living into her life. Her personal experience from the benefits of practicing, convinced her she need to continue sharing her experience with others. She currently shares her time in the therapy profession with her yoga and fitness-helping people of all ages find their own positive experience and wellness capabilities.

**Katherine Matutes | Program Director | PhD, E-RYT® 200, RYT® 500, YACEP**

As the Health and Wellness Director of the JCC, Katherine brings a total-health perspective to yoga. Katherine has witnessed the powerful health giving benefits of yoga having taught yoga on multiple humanitarian trips at orphanages, to newly immigrated refugee children, in elementary schools, seniors and JCC members.

Katherine brings a wealth of knowledge to share with students of the Community Yoga School. Her credentials also include a doctorate in nutrition and 24 years’ experience as a certified personal trainer.



*Katherine, Kathy & Ashley*