

Yoga Teacher Training

200 Hour Yoga Teacher Training at



Community Yoga School

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 are all about community. All are welcome. You don't have to be Jewish; in fact most of our members come from other religious backgrounds.

Sep 4, 2019–Jan 29, 2020

Wednesdays | 5:30–9:30 pm*

NEW!
Graduate in half
the time!

\$3,000 \$2,675 JCC Members



Our new, intensive study means students graduate in half the time, ready to put their training to use early in 2020 vs the summer.

RYT 200 Hour Yoga Teacher Training is \$3,000 (\$325 discount for JCC members) including a \$200 non-refundable deposit.

Early Bird Special! Pay \$2,700 when you pay in full before Aug 15, 2019.

Or choose an affordable monthly payment plan through EFT, \$636/month for 5 months (total cost \$3,180 including \$200 non-refundable deposit).

Current college students receive a 10% discount.

NOTE: FREE membership for non-members while attending yoga school!

2018–19 Weekend Intensives

Friday, Sep 20, 2019 5:30–9:30 pm
Saturday, Sep 21, 2019 8 am–5 pm**
Sunday, Sep 22, 2019 8 am–5 pm**

Friday, Oct 4, 2019 5:30–9 pm
Saturday, Oct 5, 2019 8 am–5 pm**
Sunday, Oct 6 2019 8 am–5 pm**

Friday, Nov 15, 2019 5:30–9:30 pm
Saturday, Nov 16, 2019 8 am–7 pm**
Sunday, Nov 17 2019 8 am–7 pm**

Friday, Dec 6, 2019 5:30–9:30 pm
Saturday, Dec 7, 2019 8 am–7 pm**
Sunday, Dec 8, 2019 8 am–7 pm**

Friday, Jan 10, 2020 5:30–9:30 pm
Saturday, Jan 11, 2020 8 am–5 pm**
Sunday, Jan 12, 2020 8 am–5 pm**

* No class Oct 9, Nov 27, Dec 25 and Jan 1
**one-hour lunch break

Our program includes guest appearances with Master Pilates/Yoga Teacher, Susan Holewinski and Personal Trainer/Yoga Teacher, Cara George. Journey through a variety of topics including teaching Kid's Yoga, Restorative Yoga, the Chakra System, Yoga Nidra, Pranayama (advanced breathing techniques), the yoga business, Yoga for Osteoporosis, Yoga for Healthy Digestion and much more!



Community Yoga School

Meet Our Trainers

Ashley Kay Zeller | Trainer
E-RYT® 200

Ashley is a certified E-RYT® 200 and offers 18 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.



Ashley Kay Zeller

Kathy 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.



Kathy O'Brien Allgood

Check Us Out!

Open House Dates

Saturday, June 1 4:30–6:30 pm

Wednesday, July 31 6:30–8:30 pm