



About the Instructor

Debbie Cohen has been teaching Hatha Yoga since 1996 and ran this yoga teacher training between the years 2001 and 2011. She trained first at the World Yoga Center with Ann Farbman- Brown in New York, then in 2001 at SVYASA, a yoga rehabilitation center and research institute in South India. In 2010 she trained at the Kripalu Center for Yoga and Health. She studied with Patricia Walden and Barbara Benagh for a decade and ran a yoga program in the Boston Public Schools. She currently works with the U of M Psychiatry Department's Integrative Wellness Program as a mind-body trainer and Positive Psychology trainer and teaches Positive Psychology at the Marsh. She teaches yoga at the Ridgedale Y and the Sabes JCC. Debbie has both a bachelors and masters degree (M.Ed) from Harvard University, and a masters degree from the University of Pennsylvania in Applied Positive Psychology.



About The Marsh

The Marsh is based on the philosophy that real fitness involves the mental, spiritual and emotional, as well as the physical aspects of an individual's life.

Utilizing the common offerings of a fitness center, our mission is to provide a unique and comprehensive approach to wellness through programs, service, environment, professional care and direction. We strive to provide an environment and a philosophy that inspires, challenges, educates, and supports a healthy approach to life through professional care and guidance.

We are a leader in our industry and will continue to serve, educate and challenge our members and the public on the benefits of balancing one's lifestyle.

The Marsh integrates architecture and aerobics, nutrition and nurturing to help you balance the mind and body. All facilities are accessible for people with limitations. The Marsh is open to the public, and for those who choose membership.

Founded in 1985 by Ruth Stricker.



Yoga Teacher Training at The Marsh (RYT 200)

A 230-hour program over 10-months
September 8, 2019 - June 14, 2020

**Every other Sunday,
9:00 a.m. - 4:00 p.m.**

Wednesdays, 6:00 - 8:00 a.m.

(No class 10/9, 12/15, 12/25, 12/29, 1/1 & 4/8)

Ruth Stricker's
the Marsh™
A Center for Balance and Fitness
15000 Minnetonka Blvd., Minnetonka, MN 55345
952-935-2202 • www.themarsh.com



Yoga Teacher Training

This program provides students with the opportunity to deepen their understanding and experience of the rich tradition of yoga both on and off the mat. The studies involve the various techniques of yoga - the poses, breathing practices, meditation, cleansing techniques and chanting.

Students learn about the history and philosophy of yoga and the lifestyle the practice of yoga encourages. The curriculum covers the basics of anatomy, and because The Marsh is focused on tailoring instruction according to the particular needs of individuals, the teacher training emphasizes the various ways one can adapt one's teaching for special populations.

The Marsh is partnering with Core Yoga to offer this training, which is registered with the Yoga Alliance at the 200 hour level.

Why do your Yoga Training at The Marsh

- The Marsh has been a thought leader in mind-body wellness for 34 years
- All trainees receive a complimentary 3-month membership to our 67,000 square foot facility to use during the training
- Our program is designed for convenience for all – including moms and those working full-time
- With a degree in Positive Psychology, Debbie Cohen uniquely weaves in additional mindfulness training into her program

Syllabus

Module One: What is Yoga? Yoga history and philosophy, sun salutation

Module Two: Getting Grounded - The Foundation of the Yoga Practice Yoga Sutras, personal practice, meditation and breathing

Module Three: Strength and Stability - The trunk and the spine, subtle anatomy, Yoga sutras, standing poses

Module Four: Exploring Higher States Kashmir Shaivism, positive psychology, guru-disciple relationship, back bending

Module Five: Nourishment. Ayurveda, yogic diet and nutrition, digestion, Bhagavad Gita, seated poses

Module Six: Self-Expression - Exploring Inside Out and Upside Down A study of relationship through tantra, the Bhagavad Gita, and positive psychology, the neck and shoulders, endocrine system, inversions

Module Seven: Yoga Therapy and Teaching Methodology

Module Eight: Tailoring the teaching and Teaching Yoga

Module Nine: Teaching Practicum



Fees

The cost of the program is \$3,200. Upon acceptance to the program, a \$500 deposit is required to hold your place. The remainder can be paid monthly, \$300 due on the first of the month September 2019 – May 2020.

Make your deposit by July 31 for our Early Bird Discount of \$300.

Apply Today!

Visit TheMarsh.com/yoga-teacher-training/ to learn more and fill out the online application. We will notify you of your acceptance within 5 business days.

Upon your acceptance, you will be sent a link to pay your \$500 deposit online to hold your spot, or you may mail in a check for the \$500 deposit or payment in full to The Marsh at 15000 Minnetonka Boulevard, Minnetonka, MN 55345.

Questions? Contact Instructor Debbie Cohen at debbiecohen1504@gmail.com or Program Director Heidi Moon at hmoon@themarsh.com or 952-930-8548.