



VITALITY
CINCINNATI

self-care is world-care!

Advanced 300-hour Yoga Teacher Training

online - earn your certificate from anywhere!

beginning October 2020 through March 2021



the roots of movement

the roots of wisdom

the roots of life!

*** Yoga Alliance
registered**

*** affordable**

*** flexible**

*** pay as you go**



vitalitycincinnati.org

What is this 300-hour yoga training about?

the roots of movement

Together we will explore gentle, primal movement patterns that have their ways of awakening humans neurologically, no matter their age. Life-long aches and pains can disappear in minutes, using the somatic-explorations and ideas of Moshe Feldenkrais and Ruthy Alon's Movement Intelligence / Bones for Life. Together we'll discover ways to incorporate these primal movement patterns into yoga classes of all styles, and highlight such patterns already within yoga-asana. Earn a certificate for Bones for Life - Immersion 1 that you can use to go on deeper in the study if you choose. Immersion 1 manual & Bones for Life wrap included in tuition - \$150 value.

the roots of wisdom

Together we will explore and discuss ancient texts that have influenced yoga through the centuries within traditional yoga practice and beyond it. Discover ways to discern similar ideas in seemingly non-yoga texts that most people consider having nothing to do with yoga. Participants can read as much or as little of these texts as they like – take what's helpful for you and your yoga-students . . . and be as creative as you like with your discoveries from these texts. Craft yoga sequences, write poems or songs to use in your classes, create artwork – inspire and be inspired by these ancient & medieval texts!

the roots of life!

In our yoga-circle, we will discover together the sounds (alphabets), the movements, the ideas, the creativity and wisdom that has brought humanity forward to this 21st century . . . and perhaps find a new way forward for our yourself and our shared world!

Reading, Discussing, Working with These Ancient & Medieval Texts...

(dates are very approximate)

Rig Veda	1500 BCE	NW India
Yahwist, a woman (much of Genesis - Bible)	1000 BCE	Judah / Israel
Deuteronomist (Samuel+ - Bible)	(?) 800 BCE	Judah/ Israel
Jeremiah - prophetic poems in distress	600 BCE	Jerusalem / Israel
Tao Te Ching	550 BCE	China
Dhammapada (sayings of Gautama Buddha) after	400 BCE	India
Bhagavad Gita	200 BCE	India
Sayings of Jesus (collected from Bible)	after 30ish CE	Eastern Mediterranean
Gospel of Thomas (Jesus & Thomas-circle)	after 30ish CE	later written in Coptic (Egypt)
Patanjali's Yoga Sutra	400 CE	India
The Quran	609 CE	Arabia
Medieval Yoga Texts*	1000 - 1750 CE	India+
Sufi poets...Rumi, Haiz, Rabia	1270+ CE	Persia

*to be released for free use on the internet by by The Hatha Yoga Project in early 2021 by Sanskrit scholars Dr James Mallinson, Dr Mark Singleton, Dr Jason Birch and Dr Daniela Bevilacqua (SOAS), together with Dr Viswanath Gupta (Institut français d'Indologie, Pondicherry, India). Dr Jason Birch's important research was often mentioned in VITALITY's Yoga is THE ALL (book, 2019). This is an extraordinarily exciting time to be studying the roots of yoga!

योग

^
'yoga'
(Sanskrit)

There will be opportunities to learn the 'alphabets' of Sanskrit, Hebrew, and Greek to get a whiff of the sounds and a glance at the symbols that built the texts that have been passed down to us.

Participants might be interested in composing poetry, creating artwork, chanting sounds or creating music from them to inspire their yoga practice & classes, or simply letting it all inform their daydreams and nightdreams.

We'd love for some people to investigate and share with us all about indigenous religions of North America, South America, Africa, Australia / New Zealand, Polynesia . . . whatever you find interesting and inspiring!

your guides...Brian, Tonia, and every participant in our yoga-circle!



Brian Shircliff is a Healing Touch Certified Practitioner, Guild Certified Feldenkrais Teacher, 500-hour Experienced-Registered Yoga Teacher/Trainer, Movement Intelligence Teacher, tai chi instructor, and student of Neuro Linguistic Programming. He has authored a number of books about yoga, ancient texts/religion, and holistic self-care. He studied French and ancient Greek & Hebrew in college, Sanskrit more recently. He finds the ancient world fascinating.

Before co-founding VITALITY with a number of friends, Brian was a high school Meditation & Scriptures teacher and state-champion golf/swimming coach at St. Xavier High School and St. Ursula Academy for 17 years.

Tonia Smith is a 500-hour Registered Yoga Teacher through Yoga Alliance. She is a graduate of VITALITY Cincinnati's 200 hour and 300 hour yoga teacher trainings. She is a much sought after yoga and fitness instructor in Cincinnati.

She enjoys supporting students on their journeys to becoming yoga teachers. She has assisted with VITALITY's trainings since 2018.

Through her company Good Green Life, LLC, Tonia provides health education, coaching and consulting services that promote plant-based nutrition, active living, yoga, meditation, ecofriendly living, and tobacco cessation.

Interested? Reach out to Brian for a conversation! 513.300.5174

Schedule

From October 10 - March 27, Saturdays from 10am - 3pm, plus five special Sunday intensives (10 - 3pm) once a month on these dates: Oct 18, Nov 8, Jan 17, Feb 22, March 15

Weekdays on your own . . . watch a 20-minute video to whet your appetite about the upcoming text + short review of the movement sequences from the past week. Everything you do before our Saturday meeting is optional, of course. Do what interests you, what makes you curious...

Saturday training will look like this via Zoom . . . (all times Eastern Standard Time)

- | | |
|-------|---|
| 10 am | checking in + 30-minute yoga / meditation led by 2 classmates who volunteer to craft a class geared toward our group, possibly using ideas from the previous week – be creative! or keep it simple & invite us to sit in the silence! :) |
| 11 | bring a cup of tea to our conversation about the text of the week |
| 12:30 | meal break |
| 1 pm | studying primal movement patterns via Feldenkrais Method & Movement Intelligence / Bones for Life...with the goal of your creating yoga sequences that speak to these primal roots within us all that led to us reaching for a toy, rolling, crawling/creeping, standing, and walking...the primal 'first moves' of babies! |
| 3 pm | wrap up together + share our learnings with the world! |

Need to miss a class? No problem! The Saturday & occasional Sunday Zoom classes will be recorded and can be downloaded during the week immediately after the class. As long as you are 'live' with us all on Zoom for more than 75% of our classes, you'll be able to complete the program and graduate with flying colors.

Participants get free access to all VITALITY weekly Zoom classes, which can count toward earning your 300-hour yoga certificate.

Participants will be asked to create a weekly donation-based yoga/meditation/creativity class in your neighborhood or via Zoom as a give-back for the reduced-cost of tuition, see below.

Participants will need to purchase their own texts or borrow from a library/friend. Many texts are also available free online. The only exception to this: the Bones for Life manual for the first 30 processes will be included in the cost of your tuition, as well as a Bones for Life wrap (\$150 value for the manual + wrap).

Prerequisite for this 300-hour Program: a 200-hour Yoga Teacher Certificate earned anywhere or be a student in VITALITY's 200-hour Yoga/Healing Touch Internship with at least 125 training-hours completed & your 200-hour tuition fully paid.



Reduced Tuition

Honoring the reality that we are living in a new yoga-world with COVID and our world certainly needs more yoga & gentle explorations & deep understanding of these yoga texts that are the foundation of language, philosophy and ways of knowing life (and often so greatly misunderstood!) . . .

and to entice you to bring a friend with you so that all together we can welcome a new world, these tuition costs have been greatly reduced:

*\$200 non-refundable deposit due with application, plus an additional...
six monthly tuition payments of \$300 each for a grand total (including the deposit) of \$2000/participant. We need a minimum of 12 participants to launch the program...*

OR . . .

If everyone helps us get the word out about this program and we then have a larger group (19 - 30 participants total), we will reduce the six monthly tuition payments to \$225 each participant for a grand total (including the deposit) of \$1550/participant! So please help us spread the word about this opportunity!

We at VITALITY have found ourselves so curious about these movement theories and texts that we are less interested in the money and more interested in growing the circle of people around the world who want to peel back the layers on the modern world to re-discover what the ancient world might teach us and what primal movement patterns might teach us . . . and perhaps we discover together a new way forward, personally and globally! Grow the circle with us!

Application for VITALITY's 2020-2021 300-hour Yoga Training

First presented, first saved in terms of the spots available! Only 30 spots available!!

You are welcome to handwrite on this application or type all of your information onto a separate paper or email the information to Brian Shircliff at vitalitycincinnati@gmail.com or mail to VITALITY Cincinnati, 5902 Kimberly Ave, Cincinnati, OH 45213.

Non-refundable deposit must be paid to secure your spot: \$200 via check, Zelle, or credit card

Questions? Call Brian at (513) 300-5174.

Name _____

Mailing Address _____

City _____ State _____ Zip _____

Email Address _____

Phone Number(s) _____

Where & when did you complete your 200-hour Yoga Training? _____

Are you 18 years of age or older? **yes** **no**

—> In a short paragraph, please give a sense of why you are applying for this opportunity. What do you hope happens for you? Tell your story! :)

Once we have received your application and deposit, you should hear from us within one week. If not, please reach out to us at 513.300.5174!

VITALITY Cincinnati, Inc.

501(c)3 organization founded in 2010



Reach out to Brian Shircliff
to see if VITALITY's certification programs
are right for you
in embarking more deeply on your journey
of (re)discovering wholeness, wellness,
and even a new career!

200-hour Yoga Certification

300-hour Advanced Yoga Certification

Healing Touch

Movement Intelligence®

Our world needs you!

vitalitycincinnati.org 513.300.5174

self-care is world-care!