



Becky Morrissey  
RYT500, PCC, LICDC

Becky took her first yoga class in 1989 and immediately recognized something special, new and yet anciently familiar, in the work of yoga. She has

traveled and lived throughout the United States, and has studied with many yoga teachers, psycho spiritual philosophers, and yoga movement anatomists to broaden her understanding of how yoga enhances holistic wellbeing. Her learning continues with each class she teaches and in studying with her beloved teachers.

She has earned a BS in Zoology from The Ohio State University, a MA in Mental Health and Substance Abuse Counseling from Johnson State College in Johnson, Vermont, and is a Registered Yoga Teacher, RYT500, completed with Yoga On High in Columbus, Ohio. She holds Ohio professional licensure as a mental health therapist (PCC) and a chemical dependency counselor (LICDC). She currently works with Bethesda Oak Alcohol and Drug Treatment Program serving the greater Cincinnati area.

Email: [rebecca\\_morrissey@trihealth.com](mailto:rebecca_morrissey@trihealth.com)

Becky loves to teach yoga asana, functional anatomy, and psycho spiritual philosophy in many different venues. Becky's enthusiasm for spiritual seeking and for her work as a mental health professional enriches her yoga teaching with a sense of hope, healing and insightful understanding of personal growth.

Other teachers and professionals will be joining Becky in this *yatra*, spiritual journey, from many facets of the medical and yoga field of study. Look for final announcements prior to start of program.

"Out beyond ideas of wrong doing and right doing, there is a field. I will meet you there." - Rumi.

TriHealth Fitness & Health Pavilion

# 200 Hour Yoga Teacher Training



The TriHealth Pavilion Yoga Teacher Training Program is a 200 hour Hatha based extended studies course of the philosophy and practice of Yoga.



6200 Pfeiffer Road  
Cincinnati, Ohio 45242  
(513) 985-0900  
[www.TriHealthPavilion.com](http://www.TriHealthPavilion.com)





## PROGRAM DESCRIPTION

The TriHealth Pavilion Yoga Teacher Training Program is a 200 hour Hatha based extended studies course of the philosophy and practice of Yoga. Completion of the program will qualify you for a TriHealth Yoga Teacher Certification and registration (RYT200) through Yoga Alliance.

This program will link yoga teaching techniques with traditional and integrative medicine resources, creating a truly unique, spiritually holistic, and comprehensive teacher training opportunity.

Offered in 9 weekends January through August 2012, this program is interactive, supportive, and recognizes individual approaches to teaching.

As part of the course materials, you receive a teacher training manual and a ten-week Hatha beginners' course curriculum.

**Yoga Teacher Training Open House: Dec 4, 2011 4-5p**

Please see our website at [www.trihealthpavilion.com](http://www.trihealthpavilion.com); go to Departments, Group Fitness, then Specialty Classes.

### Tuition:

Pavilion Members: \$2300

Non-Members: \$2500

Tuition includes study material plus free Yoga classes at TriHealth Pavilion for duration of course. Payment options are available, please call Terry at 513-985-6742.

For program questions, [rebecca\\_morrissey@trihealth.com](mailto:rebecca_morrissey@trihealth.com)

### Dates & Times

Jan 20-22, Feb 10-12  
Mar 2-4, Mar 23-25  
Apr 20-22, May 18-20  
June 8-10, July 13-15  
and Aug 3-5, 2012

Fridays 5-9 pm  
Saturdays 8-6 pm  
Sundays 9-5 pm

**Please request an application via email BY December 4, 2011:**  
[terry\\_youngs@trihealth.com](mailto:terry_youngs@trihealth.com)  
**513-985-6742**

**A non-refundable deposit of \$200.00 is required upon acceptance to program**

## What you can expect to learn

The TriHealth Yoga Teacher Training program offers a full-spectrum curriculum.

- Design safe, functionally informed, and holistically insightful classes and workshops. Diversify your teaching with a multi-faceted approach and learn to accommodate students with different learning styles and needs; pre and post natal, movement disorders, post rehabilitative and disease management, yoga therapeutics, and common medical conditions.
- Teach breath awareness and the basic principles of alignment.
- Understand how to sequence poses from warm up to deep relaxation. Teach restorative poses and guided relaxations.
- Analyze a pose and learn key points in order to introduce it to students in steps; learn to “read” a student’s body and make proper assists and adjustments.
- Protect students from harm by understanding common functional or structural problems.
- Learn to use props to deepen poses and to modify for students with differing abilities.
- Understand classroom ethics and professionalism.
- Understand general principles of anatomy as they apply to teaching yoga.
- Be familiar with basic theoretical principles of yoga philosophy.

*10 week  
instructor training*  
**HATHA  
YOGA**

