



## **PITTSBURGH CLASSICAL YOGA**

### **200-hour vinyasa teacher training**

With Lynn Rescigno

### **SEPTEMBER 2018- MARCH 2019**

This Yoga Alliance approved Teacher Training is for both aspiring teachers (Teacher Track) and serious students of yoga (Self Enrichment Track). Based on Lynn's background of Jivamukti Yoga, Ashtanga Yoga, Viniyoga, and Iyengar Yoga, this program includes: proper pacing, Sanskrit pronunciation, synchronization of breath and movement, yogic philosophy, anatomy, verbal & hands-on adjustments, pranayama, mantra, and yin & restorative yoga.

#### **LOCATION:**

- BYS Yoga – 1113 East Carson Street, 3<sup>rd</sup> Floor, Pittsburgh PA 15203 – 412/481.YOGA (9642)

#### **CURRICULUM:**

- 100+ hours of techniques and practice
- 25 hours of teaching methodology
- 20 hours of anatomy and physiology
- 30 hours of yoga philosophy and lifestyle
- 40 hours of yoga practice (20 classes at BYS Yoga are included in tuition)
  
- Assisting classes with Lynn
- Self practice and journaling
- Homework assignments
- Take home final exam

#### **REQUIRED TEXTS:**

- Jivamukti Yoga by Sharon Gannon and David Life
- Key Muscles of Yoga (Volume 1) by Ray Long
- Yoga Sutras of Patanjali (translation by Swami Satchidananda)

#### **(OPTIONAL)**

- Light on Yoga by B.K.S. Iyengar
- Ashtanga Yoga – the Practice Manual by David Swenson

#### **PREREQUISITES:**

- At least 1 year of regular yoga practice
- Basic knowledge of and reasonable proficiency in Surya Namaskar A & B (Sun Salutations)
- Attendance in Lynn's regular asana classes at BYS Yoga is recommended, however, not required

## TUITION:

- \$180 – application fee - non-refundable deposit due with application (goes towards price of tuition)
- \$2,500 – Teacher Track (due in full no later than the first day of training, September 22nd 2018)
- \$2,300 – Teacher Track: Early Bird (if paid in full by August 22nd 2018)
- \$1,800 – Self Enrichment Track (no completion certificate will be issued)
- \$75 – one-on-one make-up sessions with Lynn (if needed)

Payment Plan available by request - contact BYS Yoga Collective for details

## DATES: (7 weekends – required group contact hours)

- Saturday, September 22nd 2018 from 12:30-5:30 p.m.
- Sunday, September 23rd 2018 from 12:30-5 p.m.
  
- Saturday, October 20th 2018 from 12:30-5:30 p.m.
- Sunday, October 21st 2018 from 12:30-5 p.m.
  
- Saturday, November 17th 2018 from 12:30- 5:30 p.m.
- Sunday, November 18th 2018 from 12:30-5 p.m.
  
- Saturday, December 15th 2018 from 12:30- 5:30 p.m.
- Sunday, December 16th 2018 from 12:30-5 p.m.
  
- Saturday, January 19th 2019 from 12:30- 5:30 p.m.
- Sunday, January 20th 2019 from 12:30-5 p.m.
  
- Saturday, February 16th 2019 from 12:30- 5:30 p.m.
- Sunday, February 17th 2019 from 12:30-5 p.m.
  
- Sunday, March 17th 2019 from 12:30-5 p.m. (Teacher Testing Day)

**PLEASE NOTE: to complete the program, additional hours and coursework will be required beyond the group meeting dates. To complete the Teaching Track, you must be present for the final weekend of testing, have all homework assignments complete, and submit your take home final exam by the final meeting date (March 17<sup>th</sup> 2019). The Self Enrichment Track will not have to meet the final weekend and home work and testing will be optional.**

Training days include a half hour break. The studio is within walking distance to restaurants and coffee houses. We recommend bringing a snack and something to drink – water, tea, and refrigeration available on-site.

## PARKING:

On Saturdays, limited free parking is available in the bank parking lot across from the studio after 12 noon (do not park in 24-hour permit spots), as well as on-street (some metered) parking, and a metered parking lot accessed via East Carson Street between 12<sup>th</sup> & 13<sup>th</sup> Streets (one block from the studio). On Sundays, all parking spots are free.

## ADDITIONAL INFORMATION/QUESTIONS:

Lynn Rescigno (Instructor/Founder, Pittsburgh Classical Yoga Teacher Training)  
[lynnres@gmail.com](mailto:lynnres@gmail.com)  
646/320.5166

Ashley O'Hara (Co-owner, BYS Yoga Collective)  
[teacher-training@bys-yoga.com](mailto:teacher-training@bys-yoga.com)  
412/481.YOGA (9642)



**PITTSBURGH CLASSICAL YOGA**  
**200-hour vinyasa teacher training**  
With Lynn Rescigno

**APPLICATION – SEPTEMBER 2018**

Please thoughtfully answer the questions below and return pages 3-6 to BYS Yoga Collective via e-mail at [teacher-training@bys-yoga.com](mailto:teacher-training@bys-yoga.com), in person at the studio, or by mail at: 1113 East Carson Street, 3<sup>rd</sup> Floor, Pittsburgh PA 15203.

Non-refundable Application Fee of \$180 can be paid via link at [www.bys-yoga.com/teacher-training](http://www.bys-yoga.com/teacher-training), in person at the studio, or by mail (check payable to “BYS Yoga Collective”) and mailed with application.

I applying for (circle one):      **TEACHER TRACK**      **SELF ENRICHMENT TRACK**

NAME: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

AGE: \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_

EMERGENCY CONTACT PHONE: \_\_\_\_\_

HOW DID YOU HEAR ABOUT THIS TRAINING? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- A. PLEASE DESCRIBE YOUR YOGA AND MOVEMENT EXPERIENCE. INCLUDE WHAT STYLES OF YOGA YOU HAVE PRACTICED, WITH WHOM, AND FOR HOW LONG?**

**B. WHAT HAS INSPIRED YOU TO PURSUE THE PITTSBURGH CLASSICAL YOGA TEACHER TRAINING?**

**C. PLEASE LIST 3 SPECIFIC GOALS YOU WISH TO ACCOMPLISH THROUGH THIS CERTIFICATION:**

1.

2.

3.

**D. PLEASE LIST ANY MEDICAL CONDITIONS, INJURIES, AND/OR RECENT SURGERIES THAT MAY AFFECT YOUR ABILITY TO FULLY PARTICIPATE IN THE TRAINING:**

**E. PLEASE TELL US A LITTLE MORE ABOUT YOU! BE SURE TO INCLUDE AN INTERESTING LITTLE KNOW FACT ABOUT YOURSELF!**

I understand that if I fulfill all the requirements of the Pittsburgh Classical Yoga Teacher Training (PCYTT), including in-class group meetings, additional classes, homework, self practice, and final exam, I will receive a certificate stating that I have completed the requirements of a 200-hour Yoga Alliance approved Teacher Training program.

I understand that if I cancel prior to the start of the training, my deposit (\$180) will be transferred toward a future Teacher Training and/or classes at BYS Yoga Collective and I will be refunded my remaining balance.

I understand that once the program begins, tuition is nonrefundable and non-transferable.

Applicant's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Name (please print) \_\_\_\_\_

**Please remit your completed application (pages 3-6) & \$180 application fee no later than one week prior to the program start date of September 22nd, 2018. Enrollment is limited and last minute applications will be accepted only if there is space available in the program. Full payment or completed Payment Plan is required no later than the start date of the program.**



# STUDENT AGREEMENT

## Pittsburgh Classical Yoga Teacher Training

**1. This is an important document;** it is a waiver and release of liability of our Studio and an acknowledgement that you assume all risk of your physical condition and the practice of which you will be instructed arising from or related to our Studio. Read this document very carefully & take all the time you need to understand it.

You acknowledge, by signing below, that you have read this document and that you understand that this document is the final, complete and exclusive statement of the entire understanding between you and our Studio with regard to the subject-matter hereof. This document supersedes any prior and contemporaneous communications in relation to the subject matter hereof. The terms and conditions of this document may not be modified except in writing and signed by you and the Studio owner, and no other agent or instructor at our Studio may change the terms and conditions of this document.

**2. Generally.**

- a. You represent that you are at least 18 years of age.
- b. You fully understand that our Studio is not a medical facility, and, so, our Studio does not purport to examine your condition or to necessarily know where your personal range of movement begins or ends. You accept sole responsibility to know your physical condition and your personal limitations.
- c. You fully understand that the "instructors" are not medical doctors and, although termed "instructors" are merely suggesting and leading movements, with which you exclusively make the final choice as to whether to participate or not participate. You fully understand that instructors have not examined your physical condition, nor have they advised you on your physical abilities.
- d. You fully understand the risk of injury and personal discomfort resulting not only from your own actions, inactions or negligence, but also the actions, inactions or negligence of others, and/or the condition of the premises or of any equipment used. It is further acknowledged that there may be other risks not known or not reasonably foreseeable at this time.
- e. Prior to participation in a class, please inform our Studio/Instructor of any existing pain, discomfort, mental or physical conditions and/or abnormalities (including without limitation, for example, pregnancy and pre-existing conditions) by listing them here:

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In addition, you agree to inform the Studio, in writing, of any pain, discomfort, mental or physical conditions and/or abnormalities experienced or resulting during and/or after a session.

**3. Waiver of Rights and Assumption of Risk.** You agree to assume complete responsibility of any and all risks arising from or related to our Studio, including, but not limited to, personal discomfort, injury, permanent disability or death associated and/or resulting from said activities. You hereby release, waive and discharge our Studio from any and all liabilities, demands, losses or damages including, but not limited to, on account of injury, death or damage to property, caused or alleged to be caused in whole or part from your conducting a class, whether or not due to the actions, inactions or negligence of our Studio. You covenant not to sue our Studio. For purposes of your waiver, release and covenant herein, the term "Studio" includes but is not limited to: any affiliates, instructors, members, managers, shareholders, employees or other agents of our Studio, other clients, sponsoring agencies, advertisers, and our Studio landlord(s).

**I UNDERSTAND ALL TERMS AND CONDITIONS CONTAINED IN THIS DOCUMENT.**

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

**BYS Yoga Collective, LLC**  
1113 East Carson Street – 3<sup>rd</sup> Floor  
Pittsburgh PA 15203  
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