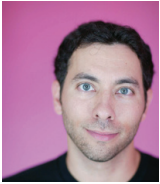


## THE TEACHERS

### Mitchel Bleier



Mitchel Bleier, internationally recognized yoga teacher is the epitome of a modern yoga master. He is known for his immense knowledge on all yoga topics, especially asana, philosophy, therapeutics, and adjustments. He teaches with passion and offers a kind, generous, humorous, easy, and sophisticated approach. Mitchel's classes are an inspiring vinyasa flow incorporating clear alignment direction, deep breathing, and a playful narrative of Indian philosophy and myth that is easily applied to everyday life.

Mitchel integrates years of his studies and experiences into his classes. His yoga began with Jonny Kest, and quickly deepened his study of Ashtanga Vinyasa Yoga with Tim Miller and Richard Freeman. At 23, Mitchel lived in India studying asana with Sri K. Pattabhi Jois and Sanskrit with teachers from the Sanskrit University in Mysore. Mitchel left India to study with John Friend and his newly formed Anusara Yoga®. He was one of two students with the privilege to travel with John as his apprentice and assistant for 3 years. In addition, Mitchel lived in Rochester, NY for 4 years studying closely with Douglas Brooks both at the University of Rochester and privately with him. For the last 7 years, Mitchel has traveled the world teaching workshops, trainings, and retreats. Recently, he just completed filming 7 DVDs that were released this fall.

### David Aukamp



David Aukamp is the director of Springs Yoga Studio and co-founder with his wife RuthAnn. Having come from a healthcare background David uses his knowledge and understanding of the human body to help students enhance movement and function. He obtained a teacher certification in 1999 and has taught over 5000 yoga classes including workshops. David has studied with Jonny and Bryan Kest, David Swenson, John Friend, Thom and Beryl Bender Birch, Baron Baptiste, and many others. Participating in workshops at least four times a year David is continually working on deepening his understanding of yoga for himself and his students. He received his doctorate in Chiropractic in June 1994 and is a certified Hatha Yoga Teacher.

### Ruthann Martin Aukamp



RuthAnn's teaching style combines movement and yoga therapeutics with in-depth anatomy and muscle physiology to produce a challenging yet fun-filled class. She has studied with David Swenson, Bryan Kest, John Friend, Baron Baptiste, and Ramanand Patel and many others. She is a registered yoga teacher with Yoga Alliance and has been teaching since 1999 and is currently working on Anusara certification. She brings a passionate and lively teaching style to her class. RuthAnn is a certified neuromuscular therapist, certified Zen Body Therapist, and is co-owner with her husband David of Springs Yoga Studio.

## TEACH WHAT YOU LOVE...



## Teacher Training 2009



# THE CURRICULUM

Springs Yoga is proud to offer its first teacher training program beginning April 2009. This teacher training intensive is co-taught by highly reknowned senior instructor **Mitchel Bleier** and **David Aukamp and Ruthann Martin-Aukamp**, owners of Springs Yoga. It is designed for serious students interested in becoming teachers; current teachers wishing to refine their craft; or students wanting to expand their practice and understanding of all aspects of the practice of yoga. This training is Yoga Alliance registered and will immensely deepen your understanding and practice of yoga, empower you to live to your highest potential and lead you to share this profound practice with others. Students can expect to learn the following:

## **The Core Teachings of Hatha Yoga including:**

asana  
alignment  
pranayama (breath)  
meditation  
yoga philosophy  
- theory and history  
anatomy and biomechanics

## **The Art of Teaching:**

class composition  
sequencing  
use of voice  
observation  
hands-on adjustments  
themes  
demonstrations



# DATES & FEES

## **Program Schedule:**

April 17 – 19

May 1 – 3

May 15 – 17

May 29 – 31

June 12 – 14

June 26 – 28

## **Weekend Times:**

Fridays, 6:00 PM – 9:00 PM

Saturdays, 1:00 PM – 7:00 PM

Sundays, 12:00 PM – 6:00 PM

## **Program Tuition:**

\$2200 if paid in full by March 15th, 2009; \$2495 after.  
Tuition must be paid in full by the start of training.  
A \$500 non-refundable deposit is required.

Payment plans and financial aid available upon request.

## **Tuition includes:**

- All in-class instruction
- Unlimited yoga pass at Springs Yoga for the duration of the teacher training. (If you already have a class card it will be put on hold during the training period.)
- A teacher training manual

## **Other expenses to consider:**

- Additional books