



Teacher Training Open House

Montgomery Studio

Saturday, January 19th, 4 – 5:30

Lebanon Studio

Sunday, January 13th, 3 – 4:30

- Certify as a Yoga Teacher & **Holistic Health Coach**.
- We are **the only yoga school** in Cincinnati that takes YOU on a retreat!
- Heal yourself in this total immersion into Yoga and Ayurveda.
- Participate in our affiliate program.
- Led by Pamela Quinn and Becky Morrissey with special guests Lili Lolling, Zant Chapelo and more.

Does this sound like you?

I am passionate about yoga and want to share my enthusiasm with the world. Seriously, everyone should be doing yoga.

Yoga has healed me. I have suffered in the past from illness, injury or emotional trauma. Through yoga, meditation and Ayurveda, I have transformed. I want to go deeper.

My job is my security, but it is not filling me up. **I want something fun to do helping and serving others** that will supplement my income.

I'm on a journey. I don't know where I'm going to end up, but I would like a more directed approach to my Spiritual education. I want physical, mental and emotional techniques with proven results.

I'm interested Ayurveda and preventative holistic medicine. ***I want a yoga teacher training that is the complete package.*** I want to be able to teach not just the physical aspect of yoga, but the philosophy AND preventative holistic nutrition.

I want my primary job to be teaching and helping others. I want it all in a teacher training program...movement, breath, philosophy, Ayurveda and **a tangible business model** to create profit as a yoga teacher.

I'm already a certified yoga teacher and I want to immerse myself in the knowledge of Ayurveda. I want to help my student heal through movement, meditation and nutrition. I want to bring more to my students.

This was a terrific experience. It has been life changing. I loved all the content. It has finally all come together for me. ~ Elizebeth Borton, 2012

Enrich your life with an in depth study of Yoga and Ayurvedic Philosophy

- Spend 2013 healing on a physical and emotional level.
- Embrace a rewarding Spiritual practice.
- Cultivate a rich understanding of the ancient and proven philosophies of Ayurveda to reduce stress, increase happiness, and extend longevity.
- Embrace a yogic path as teacher and share your passion helping and serving others.
- Create lasting and deep friendships.
- Certify as a Yoga Teacher and Ayurvedic Specialist know as a Holistic Health Coach

“My biggest surprise from the 2012 training was how many students embraced the experience to actively shift emotional and physical situations. They were inspiring.” ~ Pamela



Pamela Quinn is certified through the Chopra Center for Wellbeing in the Seven Spiritual Laws of Yoga and Perfect Health. She is the founder of Elemental OM and author of The Elemental Cleanse. She is currently studying Kundalini Yoga as taught by Yogi Bhajan and will be fresh from her 3 week intensive in India when teacher training begins.

Unique opportunity for you to spend 9 months discovering what holistic lifestyle works for you. This is an experience.



This course is like no others. You begin your journey by flushing your mind and body with the **Elemental Cleanse for Teachers**. You will learn how the Elemental Cleanse is seeded in Yoga. The next three months are an experience of the doshas. Finally, embrace balance as you continue to go deeper and deeper into yoga.

You are supported. You will have a mentor and coach.

Ayurveda and Yoga are soul mates. If you only study yoga, you will be forever looking for your other half. This is a complete lifestyle...body, mind, and Spirit.

You will be empowered with a multidisciplinary approach to coach others.

“I am transformed. My thinking has changed, my routines have changed and most of all I feel in touch with my spirit. There is a connection that hasn’t been there before. I feel honored and blessed to be a part of this very special experience.” ~ Michelle, 2012

How are you showing up in life?

Facilitating healing in others goes far beyond the spoken word. How do you show up? When you show up vibrating at your highest frequency, you heal others simply with your presence. **As a Holistic Coach**, you will show up as a leader, as a coach, and as a friend.

This process will empower you to lead others into a holistic lifestyle that will change their lives. Your example, your guidance, and your wisdom will facilitate their shift.

"Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are." ~ **Rachel Naomi Remen**



Teaching ancient Yoga wisdoms for over 12 years and accumulating over three years of ashram living in her life, **Lila Lolling** has a graceful ability to guide you back to the center of your heart and the very Essence of your Being. A devoted Sivananda Hatha Yoga and Vedanta teacher, Lila offers insights into a wide variety of Yoga topics by creatively combining ancient Eastern traditions and our modern Western lifestyle. She is a natural teacher and has dedicated her life to the discovery of Yoga and the Eternal Peace which yoga cultivates and reveals.

What will you learn?



Becky Krebs-Morrissey has traveled and lived throughout the United States, and has studied with many yoga teachers, psychospiritual philosophers, and yoga movement anatomists to broaden her understanding of how yoga enhances holistic wellbeing. She is a Registered Yoga Teacher, RYT500, and holds an Ohio professional licensure as a mental health therapist (PCC) and a chemical dependency counselor (LICDC)

- 1 To teach **Hatha yoga** to beginners...*the hardest students to teach*. This method creates the most dynamic and gifted Yoga Teacher. If you can teach a beginner, you can teach anyone. This is a strong foundation for further exploration of popularized forms of yoga.
- 2 To bring inspiration into a room. This is not just about yoga poses, this is about leading others on a spiritual journey.
- 3 **Meditation**. There is huge demand for meditation teachers in studios, schools, and businesses.
- 4 **Ayurveda** including 5 element theory, 3 dosha theory, 5 subdosha theory, the tissues of the body, Prakruti, Vikruti, Living by nature's rhythms, Ayurvedic nutrition, herbal remedies, and food as medicine. You will be perfectly qualified to teach others to embrace an Ayurvedic Lifestyle.

“Becoming a Yoga Teacher is a yatra, a journey, that comes from the heart of your own yoga practice. This program will guide you in nourishing your own yoga practice, developing the skills to safely, knowledgeably, and creatively design classes to guide others in Yoga”. ~ Becky

Why a Holistic Health Coach?

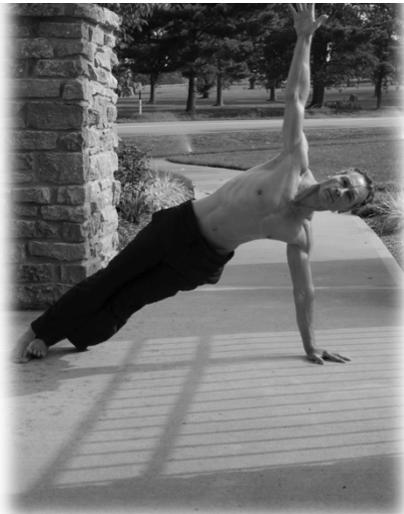
“Coaching is an ongoing relationship which focuses on the client taking action toward the realization of his/her vision, goals or desires.” (International Coaching Federation)

"One of the most rewarding things we can do is to **help others achieve success**. A vehicle for doing so is through effective coaching. As an Holistic Health Coach you will be certified to help others achieve balance and life-impacting goals they could not attain on their own. You'll be certified to coach others to create a personal vision of success, understand what is needed to achieve the vision and to keep moving forward to achieve life-changing success. EOM Teacher Training program's coaching process is **unique, powerful and transformative** for helping to heal the mind and body and to enrich the spirit." ~ Zant Chapelo

Zant Chapelo is a Change Consultant and Executive Coach to companies such as: jetBlue, Virgin America, NYC Transit, & ProMedica Healthcare System. He is the founder of Harmonic Leadership and a graduate of the 2012 Elemental OM School. **Zant is the Elemental OM School Change leader and will be coaching you to coach.**



**HARMONIC
LEADERSHIP**
Core-Centered Consulting



2013 Schedule

Fridays, March 1 – 22

6 - 9 pm

Participation in the Elemental Cleanse to self focus and self study.

1 Weekend

March 15 - 17th

Ayurveda and Yoga Philosophy...setting the stage

Welcome to the Vedic Lifestyle

Team Building

2 Weekend

April 19 - 21st

The Heart Chakra...breathe

The Vata Lifestyle

3 Weekend

May 10 - 12th

The Root Chakra...building a foundation

Four paths, three impurities with Lila The Pitta Lifestyle

4 Weekend

June 21 - 23rd

The Sacral Chakra...let's go with the flow

The Kapha Lifestyle

5 Weekend

July 19 - 20th

The Solar Chakra...activate your will
Who is God?

6 Weekend

August 16th-18th

Reading the body...functional therapy
Three bodies, five koshas, seven chakras

Retreat 7

September 26 -29nd

Thursday - Sunday

The Brow Chakra...Intuitive teaching
The Eight Limbs of Yoga

8 Weekend

October 18 - 20th

The Throat Chakra...What is your truth?
What does it mean to be a yogi

9 Weekend

November 15 - 17th

The Crown Chakra...transmission & touch

Graduation Party, Ethics, The Business of Yoga



Journey through the chakras

Typical Weekend Flow

Fridays Montgomery with Becky

6:30 - 7:45 Yoga Class

7:45 - 9:00 Practice Teaching

Saturdays Montgomery with Pamela, Lila & Zant

9:30 - 10:45, Yoga Class,

The Seven Spiritual Laws of Success

10:45 - 12:00 lecture philosophy

12:00 - 1:00 lunch

1:00 - 5:00 pm Experiential learning and emotional healing

Sundays Lebanon with Becky

9 - 10:15, Yoga Class

10:30 - 12:00 lecture

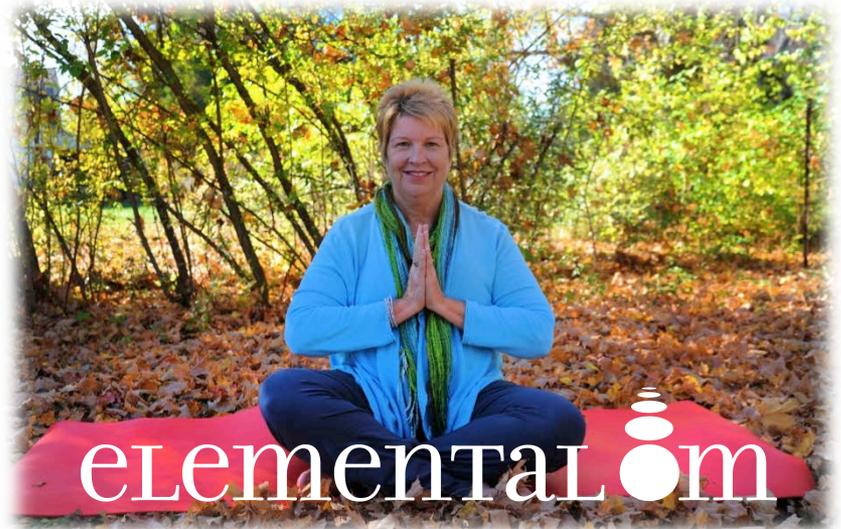
12:00 - 1:00 lunch

1:00 - 5:ish Experiential learning and Asana Labs



2012 Graduates, Beth Palm, Michelle Griffith, & Marianne Bolton

“Pamela has a wealth of knowledge and passion about what she teaches. I very much appreciate the time and effort she has taken to teach us” ~ Beth.



2012 Graduate, Elizabeth Borton

“When I first participated in The Cleanse, I was depressed, had chronic sinus issues and tummy problems. Within the first two weeks, my sinus and tummy issues totally disappeared! By the end of the program I was feeling so positive that I decided to continue on the path by enrolling in the Elemental OM School. To say The Cleanse changed my life is an understatement. It was the catalyst to my ongoing transformation!”

Tuition and Payment Options, \$3,797

To certify as a Yoga Teacher & Holistic Health Coach

Payment Plan Option 1...early pay paid in full

Prepay, **10%** discount by February 15th \$3,417

Payment Plan Option 2....3 payments totoally \$3810

Deposit	by February 15 th	\$585
	by March 1 st	\$1075
	by April 1 st	\$1075
	by May 1 st	\$1075

Your Tuition Includes:

- 1 Certification as a 200 RYT and Elemental OM Holistic Health Coach
- 2 Unlimited Yoga at EOM studios for 9 months
- 3 Participation in the Elemental Cleanse for Teachers
- 4 Participation in the Elemental Lifestyle
- 5 Hope Springs Weekend Retreat
- 6 Web page on elementalom.com
- 7 Participation in the Affiliate Program upon graduation



200 RYT and Holistic Health Coach

You must be a Certified Yoga Teacher to Participate in this option...

*Tuition and Payment Options, \$1,927
To certify as a Holistic Health Coach*

Payment Terms (no pre-pay option)

down Payment, non-refundable	with application	\$ 585
one payment	Due by February 15	<u>\$1,342</u>

total \$1,927

The Elemental Cleanse

Fridays, 6 - 9 pm
March 1 - 22, 2013

The Elemental Lifestyle

Vata, Saturday, April 20th, 9:30 - 12:30
Pitta, Saturday, May 11th, 9:30 - 12:30
Kapha, Saturday, June 22nd, 9:30 - 12:30

Philosophy

Saturday, August 17th, 1 - 5 pm
3 bodies, 5 koshas, 7 chakras

Weekend Getaway Retreat to Hope Springs.

September 19th - 22nd

Graduation and Ethics, November 16th

Schedule

Your Tuition Includes:

- 1 Certification as an Elemental OM Holistic Coach
- 2 Participation in the Elemental Cleanse
- 3 Participation in the Elemental Lifestyle
- 4 Hope Springs Weekend Retreat
- 5 Web page on elementalom.com
- 6 Participation in the Affiliate Program upon graduation



CERTIFIED Holistic Health Coach

Frequently Asked Questions

What if I need to miss a class?

You may miss no more than 15% of the yoga requirements as dictated by Yoga Alliance. If you must miss any part of the Yoga Teacher Certification Classes, you will be given the opportunity to participate in additional workshops and events to either supplement your education or "make-up" for missed time. Participation and Attendance at the Elemental Cleanse and Elemental Lifestyle is mandatory for all. Participation and Attendance at the Hope Springs Getaway Weekend is Mandatory for all.

Are there any other costs?

We have been as thorough as possible in packaging the program to meet your needs without additional costs. Other costs not included may be the following:

- Recommended Reading for your Ayurvedic education include "Eat, Taste, Heal" by Dr. Yarema, "Perfect Health" by Dr. Deepak Chopra
- Transportation to and from Hope Springs Retreat.
- Professional photography for your portfolio
- CPR Certification, Registration with Yoga Alliance, Holistic Health Insurance

What if I have to leave the program? Is there a refund?

There are no refunds if you need to drop out of the program for any reason. You will be offered to participate in the following year's program at a reduced rate of \$1,000. The initial deposit of \$585 is non-refundable to secure your space.

Are there payment plan options?

You may pre-pay and receive a 10% discount. There are no payment plans for the 2013 year. You may contact Pamela Quinn to discuss personal considerations.

What if I don't want to teach yoga or Ayurveda?

The program was created to be in alignment with the requirements of Yoga Alliance and suggestions of NAMA for credentialing as a 200RYT and Elemental OM Holistic Health Coach. Many of our graduates from the 2012 class are teaching yoga and coaching others. Many are not. Participants can use the experience to conquer less favorable habits and detrimental thinking, to explore spirituality and establish a personal and meaningful relationship with spirit, and to self-study.

Frequently Asked Questions, cont.

What is the Hope Springs Retreat?

Hope Springs is the most amazing weekend getaway. We arise each day to experience yoga and meditation as a group. The day is filled with educational and fun activities. We do incorporate some down time for walking trails and the labyrinth as well as to self-study. At nighttime we explore something fun including healing circles in the fire hut! The food is out of this world! The cost is included in your program. **No other teacher training program in Cincinnati includes this option.**

Will there be a lot of work outside the classroom?

It is expected that teachers in training will establish a daily personal home practice that includes a routine, meditation and yoga. In accordance with Yoga Alliance, you will be expected to attend 20 yoga classes and keep a log of attendance as well as practice teach or assist at 20 additional classes. There will be “OM” work associated with the Elemental Cleanse and the Elemental Lifestyle that is contemplative and includes journaling.

Why do I have to be a Certified Yoga Teacher to certify as a Holistic Health Coach and why can't I just study Yoga and not Ayurveda?

An Elemental OM Holistic Health Coach is a certified teacher that possesses a multi-disciplinary approach to health and wellness. Yoga and Ayurveda are the foundation for all that we do at Elemental OM. Yoga and Ayurveda give you the toolkit that you need to effectively facilitate health in your students and clients. Ayurveda is the philosophy of how to live. It is all of life...yoga, meditation, nutrition, spirituality, and more. It is yoga and yoga is it. EOM will not graduate students that do not successfully complete all of the Ayurvedic coursework. As a certified EOM teacher, you are representing EOM. Our intention is to create the best Yoga Teachers in all of the Tri-State.

What is the Affiliate program?

Upon certification as a Yoga Teacher and Holistic Coach, you will be given an access code to the Elemental Cleanse Ecourse to share with family, friends, and future clients. When a referral makes a purchase using your code, you will receive \$100.

What if I only want to teach yoga and not coach others? Can I eliminate part of the program or cost?

The program is integrated from a Yoga standpoint. The postures, philosophy, and other requirements for a 200RYT are woven into the course material and cannot be effectively segregated. You do not have to coach others as a holistic coach ever. You will find, however, that the toolkit you are given is effective for caring for yourself and your family.

Application for Elemental OM School 2013
March 1st – November 17th, 2013

DEADLINE:

February 15th for 10% discount (full program)
paid in full.
See payment plan....

TUITION

Yoga Teacher & Holistic Coach, \$3,797
Holistic Coach (you already have a 200RYT), \$1927

A \$585 nonrefundable fee is due with the application.

CHECK OR MONEY ORDER:

Elemental OM

MAIL TO:

Elemental OM
Attn: Pamela or Becky
9510 Montgomery Road
Cincinnati, Ohio 45242

Personal Information

Full Name as it would appear on a graduation
certificate:

Primary Phone Number: ()

Secondary Phone Number: ()

Address:

Email address:

Emergency Contact Name and Phone:



Name:

What would you like to share?

If you like, please share a little bit about yourself and your experience of yoga, health, and wellness. We just want to get to know you a bit. Share to your comfort level. Points of interest may include your experience of yoga, the style you like, how often your practice, where you practice. Why are you interested in yoga teacher training? What are you hoping to gain? Are you shifting emotionally, physically, or long to establish a spiritual practice? How do you think this will help you? Have you Cleansed in the past? Are you looking forward to embracing an Ayurvedic Lifestyle? Do you see yourself helping and serving others? Why do you want to do a training program?



Teacher Training was super challenging (on many levels) but super fun. We became a family sharing our journeys with each other. Another cool thing was that for the first time in my life, I established (and still have!) a daily yoga and meditation practice. What an amazing experience!!! ~ Carol Williams



Release

NAME: _____

I am aware that Elemental OM School is here to serve me by sharing knowledge of Hatha Yoga and health. I recognize that yoga requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Program. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Program.

In consideration of being permitted to participate in the Program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the Program.

I agree to indemnify and hold harmless the Program; Elemental OM School, Elemental OM LLC and any affiliations and/or subordinate corporations not stated herein, their officers, directors, employees, agents, or volunteer staff from and against all claims, actions, demands, proceedings, liabilities, cost and expenses, including reasonable attorney's fees, which they may have ascertained against or incurred by them arising as a result of my participation in the Program .

I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue or make any claims of any kind whatsoever against the Program or any of the aforementioned parties for any injury, property damage/loss, or death caused by their negligence or other acts.

The Undersigned agrees that they have read, understand, and agree to all the Release information stated herein and that all the Registration information provided is correct to the best of the their knowledge:

Signed _____

Date _____



NAME: _____

Payment and Course Information

_____ FULL PAYMENT OF \$3,417 by February 15th for 10% . Paid cash , check, or money order to Elemental OM
(initial)

_____ DEPOSIT, \$585 due with application and by February 15th, 3 payments of \$1075 charged automatically to credit card.
(initial) Name on card _____ Card Number _____
expiration _____ Billing address _____ phone _____

_____ FULL PAYMENT OF \$1,927 by February 15th. Please include a copy of your current YA standing and indicate the yoga school
(initial) attended.

To withdrawal from the course before it begins, we must receive your written request by February 15th, 2013. There is a \$585 non-refundable deposit. _____ (initial).

I agree to the terms and conditions for registration and participation in the Elemental OM School.

_____ (sign) _____ (date)

I further agree to allow Elemental OM to use photographs and video recordings to be used in promotional materials and products.

I hereby grant my permission to be taken to a doctor or hospital and hereby authorize medical treatment, including, but not in limitation to, emergency surgery or medical treatment, and I assume the responsibility of all medical bills, if any.

_____ (sign) _____ (date)



Questions? Let's have tea!



Pamela Quinn, Ayurvedic Specialist, 200RTY, Founder Elemental OM
pamela@elementalom.com

513.315.5042

Please note that Pamela will be in India at Kundalini Teacher Training from January 28 – February 25th. If you wish to meet with Pamela, please call her prior to this date so that she can help you make an informed decision.



Becky Morrissey, 500RYT
maitriyoga@roadrunner.com

937.243.2403

Becky is happy to answer your questions. From January 28 – February 25th, Becky will be in charge of all questions and answers.



Zant Chapelo, Change Consultant, 200RTY, Certified Holistic Health Coach

zlchapelo@yahoo.co.uk

513.872.9268

Zant is a graduate of the 2012 program and leading the Coaching sessions for the 2013 sessions. Please call him if you would like to speak to him or another graduate of the program or have any questions at all.

