



# Nirvana Yoga Teacher Training

The most flexibly scheduled yoga teacher training program in Northeast Ohio! Nirvana Yoga graduates small groups of yoga teachers; much of your training will be conducted one-on-one with your yoga instructor. This unique program format offers trainees' abundant one-on-one time with their instructor and ample opportunity to adapt and personalize training topics based on trainees' individual interests. This enriching experience is truly one of a kind and only available with the training format offered by Nirvana Yoga.

This program presents a well-rounded foundation in the following areas: Yoga history and philosophy, teaching methodology and practice teaching, asana alignment, benefits, contraindications, precautions and modifications, pranayama and meditation techniques. Additional topics covered will include: business aspects of teaching yoga, anatomy and physiology of the human body as related to yoga asanas, yoga lifestyle and ethics of yoga practice and teaching (yamas & niyamas), teaching language, cueing and adjustments, incorporating class theme. Nirvana Yoga specializes in small group trainings, and one-on-one mentoring sessions with the Director of Teacher Training are available throughout (and beyond) the program.

Our program is the most flexible and personalized in the area, sessions are organized in a module format, scheduled when works for you. Most participants complete the program within 4 -6 months (program participants may take as long as 9 months to complete\*). Your primary instructor will be the Director of Teacher Training. Nirvana Yoga guest instructors will also enrich your learning experience.



Yoga Alliance® is the national education and support organization for yoga in the United States. They work in the public interest to ensure that there is a thorough understanding of the benefits of yoga, that the teachers of yoga value its history and traditions and that the public can be confident of the quality and consistency of instruction.

**Nirvana Yoga is a Yoga Alliance registered Yoga School**

**Questions about the program?**  
**email: [melissa@nirvanathruyoga.com](mailto:melissa@nirvanathruyoga.com)**  
**phone: 330-564-3773**

## About your Instructor, Melissa Cugini, E-RYT:

Melissa began practicing yoga in 2004, completed her yoga training in 2008 and established Nirvana Yoga in 2009. She began her practice when she and her husband relocated out of state, finding that yoga provided much needed stress relief as she adjusted to living in a new city. Melissa has studied with various teachers in Chicago, Cleveland & Akron communities and is an Experienced 200-hour Yoga Alliance Registered Instructor, as well as the Director of the Nirvana Yoga Teacher Training Program.

In addition to group classes at Nirvana Yoga, Melissa teaches Yoga by Appointment at the studio and at clients' homes, Nirvana at Work classes at various local businesses, Yoga in the Galleries at Akron Art Museum and Children's Yoga at various Akron Summit Library branch locations. She has served as the assistant yoga instructor for the Cleveland Indians minor league players, and taught Yoga for Cancer at Stewart's Caring Place in Akron. Melissa holds a BA in Business Management from Lewis University and prior to becoming a yoga instructor; she worked as a Corporate Recruiting Consultant within the fields of banking, manufacturing and media communications.

Melissa is grateful for the opportunity to connect with people through yoga, she strongly believes that yoga has something to offer everyone, no matter what place they are in their lives and feels honored to assist her students on that path of discovery. Her classes are designed to accommodate students of all levels, encouraging them to expand their mind and body awareness and make the practice their own.



Nirvana Yoga, 4183 W. Streetsboro Road, Richfield, Ohio  
[nirvanathruyoga.com](http://nirvanathruyoga.com) 330-564-3773