



Teach Yoga, Touch Hearts

200-hour Teacher Training
Certified by Yoga Alliance



September 25, 2026 to June 13 2027

Led by Ritu Kapur, Founder of Sohum Yoga
and April Ropes

hosted by



SynergyWellness
Center

45 Main Street, 4th Floor
Hudson, MA 01749

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Welcome

Namaste and Welcome to the Teach Yoga Touch Hearts 200-hour Yoga Teacher Training!

The experience that you are about to embark on will be like no other. This is the first step of a journey that really never ends, as you will forever remain a student even as you continue to grow as a teacher.

The course that you are on will be challenging at times, but we encourage you to allow yourself to become immersed in the process so that you can absorb and share all that we will learn in our time together. It would be normal for you to experience fear and have doubts at times but always remember, “Practice and all is coming”.

The training that we are offering to you is all about the journey and not the destination. You will have our continued support on this path but ultimately you will find that the “Guru” is in You. Once you awaken that Self, this awareness will shed a new light on everything that you do. You are then ready to share your light with others!

With much love and light,

Ritu and April



The 200-Level

Receive the Knowledge!

The 200-hour Level Yoga Teacher Training will focus on the foundational principles of yoga. We will focus on learning/ creating/ teaching a flow that is mindful and brings awareness to not just the body but also the breath and the mind. A strong grasp of yoga foundations will allow you to make yoga accessible for people of all ages and abilities.

This course exceeds the curriculum requirements specified by Yoga Alliance in: Techniques, Teaching Methodology, Physiology, Philosophy, Ethics, Lifestyle, and Practicum, as well as Ritu and April's interests which are Pranayama, Sanskrit, Mantra chanting, and Chakras.

All RYT Yoga Teacher Training participants will experience continued support during and after their training with potential opportunities such as mentorship, assisting in classes, and feedback sessions with SOHUM Yoga and at SYNERGY.

As you learn and embody the foundational curriculum, you will also explore through supervised study the following areas with special guest presenters. These topics will give you a window into the beautiful expansive fields around the practices of yoga.

Guest Faculty will be confirmed in Spring 2026. Here are some of the topics we have covered in the past:

- Age-old Teachings from the scriptures of Bhagavad Gita with **Swami Mahesh**, a wandering yogi and a Senior teacher from India
- The timeless wisdom of Ayurveda for healing the body with **Dr. Pratibha Shah**
- Yoga Sutras and their relevance in daily life with **Debra McGonnell**, RYT500
- Myofascial Release and Hyper-mobility with **Amy Yapp**, IAYT Yoga Therapist
- Cultivating and Fostering a following for your classes with **Julie Mckay**, RYT 500



Dates

The 200-hour Level is offered in a ten-month format. The schedule for this training is as follows. *Please see the attendance policy regarding the schedule conflicts. All these hours are contact hours. Non-contact hours will be your self-study hours every week. As part of the curriculum, you will be required to attend 10 different yoga classes of various instructors at Synergy or elsewhere. These hours count as your contact hours.*

We will be meeting one weekend a month for extended hours that will include part of Fridays and full days on Saturdays and Sundays.

Fridays: 5pm to 8pm (in person) 3 hours

Saturdays: 9am to 5pm (in person) 8 hours

Sundays: 9am to 5pm (in person) 8 hours

2026-27 Weekend Dates:

September 25-27

October 16-18

November 13-15

December 11-13

January 15-17

February 12-14

March 12-14

April 9-11

May 14-16

June 11-13 (includes graduation)

Graduation on Sunday, June 13, 4:00pm (Family invited, location TBA)



**Total in-person hours with the
teachers: 190**

**Yoga classes (10) to attend for
student analysis: 10**

Total= 200 hours

This course will follow the guidelines offered by Yoga Alliance to meet all the requirements.

Techniques, Training and Practice: **100 Hours**

Anatomy and Physiology: **20 hours**

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: **30 Hours**

Teaching Methodology: 25 Hours; Practicum: **10 hours**



Students are also required approximately **40 hours (or more) of unsupervised study.**



"YTT was something I had wanted to do for a while now.... but what started as a desire to deepen my own practice turned into this spiritual, inward journey. Each weekend became a sanctuary for me... it was a pause from the busyness of rebuilding [my business] Truth.... focusing on movement and love... the weekends were filled with kindness, wisdom, and the incredible strength of a circle of women that I will never forget!! YTT is so much more than just learning poses or sequences; its also a deep inward journey that can bring the clarity and truth to how you see yourself, your body, your energy, and even your place in the world."

- Julie B, 2025 Participant

Cost

The cost of this 200-hour training is \$3,250, which includes a non-refundable \$500 registration fee. Payment must be made in full by September 24, 2026.

The maximum number of students allowed is 16. Your application form and the deposit are necessary to hold your spot.

A certificate of completion is awarded once all payments are made and all hours are completed.

Tuition does not include 10 class pass that you can purchase later at Synergy to experience yoga with other teachers. You may have 20% off a 10-class pass at Synergy. (To receive this discount, contact Synergy Wellness guest services and tell them you are registered for the YTT program.) You can choose to attend these 10 classes at other locations closer to home as well.

YTT Investment:

Full Cost: \$3,250

Early bird cost by 7/31/26: \$3,050

To Register: A \$500 deposit is required at registration or upon full payment. The deposit is non-refundable.

Early Bird Discount: Register by 7/31/26 with a \$500 non-refundable deposit and receive \$200 off your full or last monthly payment if you opt for a Payment Plan.

Payment Plan Available for Registrations Prior to 8/1/26:

After your \$500 registration deposit, you may make 3 payments at the beginning of each month following your registration leading up to the start of the program. All payments must be paid in full by September 24, 2026. Registrations on or after August 1st are due in full. If you have special financial circumstances, please contact the Studio Manager.

Refund Policy:

In the event of the need to withdraw from the program on or after September 1, 2026, we regret that there will be no refunds issued. A completed application and \$500 deposit are required to secure space in the training. The balance may be paid in full or by a payment plan by September 24, 2026. If students are not accepted into the program for any reason, the \$500 deposit will be refunded. Once accepted into the program, we regret that no refunds will be made even if a student withdraws from the program for any reason.

Prerequisites

It is recommended that applicants have an established asana practice (one to two years of weekly yoga practice is recommended but not mandatory) before beginning the program. The dedication to your practice will support the entirety of the Teacher Training program. There is no credit given for previous yoga studies before this training.

You must fill out the teacher training application form and submit it to Ritu and April. You will then coordinate a Zoom call with them before your acceptance to the program.

Book List



Please purchase the following books before attending the class.

Yoga for Wellness by Gary Kraftsow

The Heart of Yoga by TKV Desikachar

Teach Yoga Touch Hearts by Ritu Kapur

Living Your Yoga by Judith Lasater

These books can be purchased at a later time if you choose to do so.

How Yoga Works by Michael Roach (optional)

Yoga Anatomy by Leslie Kaminoff (optional)

Bhagavad Gita translated by Swami Prabhvananda and Christopher Isherwood (optional)

FREQUENTLY ASKED QUESTIONS

What certificate will I receive?

You will receive a 200-hour Teacher Training certificate of completion from SYNERGY AND SOHUM.

What is Yoga Alliance?

Yoga Alliance® is a non-profit, tax-exempt section 501 (c)(3) organization. They maintain a national Yoga Teachers' Registry to recognize and promote teachers with training that meets their standards. Teachers registered with Yoga Alliance are authorized to use the initials "RYT®" (Registered Yoga Teacher) after their name, or the initials "E-RYT®" (Experienced Registered Yoga Teacher). Yoga Alliance® registers both individual yoga teachers and yoga teacher training programs (schools) who have complied with minimum educational standards established by the organization. For more information, visit their website; yogaalliance.com

When can I register with Yoga Alliance?

YA certification requires students to complete all non-contact activities including book reports, study groups and observations/assisting. All non-contact hours will be recorded and submitted prior to receiving a certificate of completion. You can register for your 200-hour RYT with Yoga Alliance when your certificate of completion is issued.

What if I miss a class?

Your regular attendance is required to obtain the necessary "contact hours." Ritu and April must be informed about any planned or unplanned missed sessions. Vacations must be scheduled around Teacher Training. If you miss more than 30 minutes of a session, arriving late or leaving early, you will be required to make up the entire session for an extra fee to be determined by Ritu's availability. All make-up sessions must be completed within two months by watching recordings and any other suggestions made by the instructor.

Who will be my instructors?



Ritu Kapur - Yoga teacher, Reiki Master, Occupational Therapist

I was exposed to Yoga at an early age in India and completed my first Yoga teacher training in 2009 not because I wanted to teach but because I wanted to create a safe personal practice. After the training, developing a daily practice came naturally and I have not missed a day since. To my surprise, when I taught yoga classes at the insistence of my teacher, I found that sharing yoga was fun and fulfilling in ways that I couldn't have imagined. I then pursued my 2nd yoga teacher training in

2013 to deepen my practice. With some introspection, I knew that I had to combine the decades of practice as an Occupational Therapist and the newfound love of teaching Yoga. I have since taught Yoga to many people with different conditions including stroke, MS, fibromyalgia, Autism and people undergoing Recovery.

I left my job as a Rehab Director in 2017 to follow my passion for yoga full-time and to focus on my yoga studio. With SOHUM, I wanted to create a safe place where I could slowly change the mindset that yoga is not a workout but a work-in. SOHUM gave me the opportunity to teach yoga as a holistic and mindful practice. It became a home away from home where I met wonderful yoga teachers and students and created a community that I still cherish.

Life changed for everyone in March 2020 and I had to make the difficult decision to close the loving space that had nurtured me and many other teachers and students alike for 7 years. I am currently teaching all my classes online via Zoom. 2020 opened many other doors for me like being a mentor for an online yoga teaching program with a very senior teacher from India, Swami Mahesh. It was a privilege to be a part of that program with students from all over the world.

I began exploring the concept of energy after my deep experiences at Mt. Kailash in Tibet in 2018 and became a Reiki Master in 2019. That experience connected me with Nature in a way I never had before and led me to explore the world of trekking, especially in Nepal in the high Himalayas. I trekked to the Everest base camp in 2019 and then led a group of 18 women to trek to Annapurna Circuit with me in 2023. I am leading a group of 16 women currently to trek to Langtang Valley in Nepal in 2024. I consider myself a perpetual student and continue my ongoing studies in yoga, Eastern

philosophy, Indian classical music, and Vedic chanting. I published my first book, *Teach Yoga, Touch Hearts* in 2021. This book is about creating inspirational yoga classes with heartfelt compilations of poems, quotes, texts, and meditations including many themes to enhance your yoga practice and teaching experiences.

I am very excited about the opportunity to guide you on this unforgettable and joyous journey of deep exploration into the world of yoga with a wonderful co-teacher, April and some phenomenal guest teachers. I met April 10 years ago when she started teaching at SOHUM. Some of the guest teachers for this program have also taught at SOHUM before and will bring so much knowledge and love to this program. I am happy to share that my teacher, Swami Mahesh has kindly agreed to talk about the wisdom of Gita, the age-old Hindu scriptures from India as one of the guest teachers.

So, join me and let's begin. As Saint Kabir said, Wherever you are is the entry point. The possibilities are infinite!

You can find me on Instagram at #yogasohum and on FB as Sohum Yoga and Meditation. You can find out more about me and connect with me via my website, SOHUM.org.



April Ropes – Yoga Teacher (500 E-RYT) and Reiki Master Teacher

My first exposure to yoga was in a high school gym class, back in the late 1980s. As a rather stressed-out college-bound student, I appreciated the quiet, contemplative practice and the ability to connect my mind with my body and my breath. I continued practicing yoga off and on in college and throughout my early adulthood, in addition to establishing a regular meditation practice.

Fast-forwarding to my years as a mother of two young children and working as a graphic designer, yoga became my anchor during some challenging times. I cherished my time on my yoga mat and started to delve more into the spiritual side of the practice. I began to really see how my time “on the mat” impacted my life “off the mat” in big and subtle ways. I practiced various styles of yoga over the years including Ashtanga Primary Series, Svraoopa, Kripalu, Vinyasa Flow, Yin and Restorative Yoga (one of my absolute favorites!).

In addition to yoga and meditation, I am a long-distance runner. My yoga practice has been an essential complement to my running, not only in helping me stay strong and healthy but also in navigating the mental challenges of running for 26.2 miles! I'm a much slower runner

these days, and I have cut down on my distances, but my yoga practice has helped me to transition into this phase of my running life with gratitude and grace.

As an avid seeker/lifelong learner, I continued to feel the pull toward delving deeper into the study of yoga – not necessarily to become a yoga teacher, but to enrich my understanding of the practice. I decided to sign up for Yoga Teacher Training and it was one of the most transformative experiences of my life. In 2014, I completed my 200-hour teacher training at the Prannothan School of Yoga with Devarshi Steven Hartman (and others) and realized I just had to teach. It was in me! (Ritu gave me one of my first teaching gigs at Sohum, and I am truly honored to be co-leading this training with her!) I've been teaching now for over 10 years, and in that time, I have continued to learn...completing trainings in Mindful Touch, Yoga for Athletes, Power Yoga, Yoga for Self-care and more. I completed my advanced Yoga Teacher Training (YTT-300) at Metrowest Yoga with Shawn Shaw (and others). I am proud to be a Yoga Alliance certified Experienced Yoga Teacher (with over 2000 hours of teaching experience) as well as a Yoga Alliance Continuing Education Provider. In addition to teaching classes, workshops and series, I have enjoyed sharing my love of Reiki with others and have included Reiki in many of my yoga classes.

I am so excited to share this ancient, beautiful practice with you and to support you in this next phase of your yoga journey.

How Many students will be in a training class?

We require a minimum of 8 students to run this course and will accept a maximum of 16 students.

Will I have homework/is there a grading system?

You will have 4 mandatory and 4 optional books in the syllabus. You will have monthly written homework, observations, yoga-class assessments, and home practice log-ins to complete. Weekly study partner sessions are also part of your required homework (partners or buddies will be assigned after the meet and greet session on January 10). There are no graded assignments. All work must be completed and handed in as designated by the instructors to receive a certificate of completion. Students will need to pass a written exam by the end of the program with an 80% grade or higher. Students will also need to demonstrate the ability to successfully teach a yoga class through a practicum.

If I leave the training what are the re-entrance conditions?

You may reapply to enter the next Teacher Training and your acceptance will be based upon approval. Finances will be determined on an individual basis.

I am coming from out of town. Where can I stay?

We will provide you with a list of affordable housing options and local eateries as needed.

After I graduate, where will I be able to teach?

Upon completion, you can teach a community class in person at SYNERGY. Fellow students are encouraged to join the community classes and offer their feedback to the presenting teacher. You should then feel ready to apply for and teach yoga at a variety of venues, such as studios, gyms, park departments, school and private yoga sessions. The 200-hour Level of training will equip you to teach basic classes; your teaching repertoire will grow as you increase your level and study of yoga. (A 30-minute Zoom consultation with Ritu or April is available for up to a year after graduation to discuss teaching or establishing yourself as a teacher.)

What is the Cancellation of Classes Policy?

The school reserves the right to cancel a starting class if the number of students enrolling is insufficient. Such a cancellation will be considered a rejection by the school and will entitle the student to a full refund of all money paid.

What is the Attendance Policy?

Your regular attendance is required to obtain the necessary “contact hours.” Make-up sessions may be scheduled in case of illness. Vacations must be scheduled around Teacher Training. If you miss more than 30 minutes of a session (arriving late or leaving early) you will be required to make up the entire session for an extra fee to be determined by SYNERGY-SOHUM. Frequent tardiness and absences can result in your removal from the training and forfeiting your tuition.

Any unplanned absences must be reported immediately to Ritu or April. You must get in touch with your buddy as well to catch up on the missed contents of the class. That being said, you are required to attend all classes and change your schedules to accommodate the rigorous yoga teacher training program.

*Information subject to change.