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NEW

January-June 2026

# 200 HR TEACHER TRAINING

*with Cindy Bouter,  
Theresa Murphy,  
& Amy Matthews*



# 200 HR YTT

Yoga Alliance Accredited

*Where learning begins with the heart*

A Yoga Education program to invoke a deeper understanding of Yoga's rich history, offering a solid pedagogy for learning how to teach, plus the opportunity to grow and evolve psychosomatically, cultivate an open heart, and insightful mind!



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# MEET YOUR TEACHERS



Cindy Boulter

B.Sc, ERYT500, RYS, Y-CEP, IAYT Yoga Therapist, ACE

Cindy is committed to helping teachers, students and private clients expand their possibilities through education, movement and self-exploration.

She has over 30 years of experience teaching as well as training yoga teachers and fitness leaders.

She believes in a personal and open hearted approach to yoga, teaching with curiosity, movement exploration and a sense of humor.

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# MEET YOUR TEACHERS



Theresa Murphy

B.Sc, ERYT500, RYS, Y-CEP, IAYT Yoga Therapist, ISMETA  
Somatic Movement Educator.

Theresa is a 30 year teacher of Yoga, Somatic Movement Educator, and Yoga Therapist. Her approach is rooted in compassion, curiosity, and respect for each person's uniqueness. She draws on deep anatomical knowledge and makes complex ideas feel simple, accessible, and full of wonder. With over 30,000 hours of teaching experience, she offers private sessions, group classes, workshops, and trainings both locally and nationally. Theresa's work guides others into a deeper connection with the innate intelligence and brilliance of their bodie-heart-minds.

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# MEET YOUR TEACHERS



Amy Matthews

BMC Teacher, IDME, CMA, RSMT/RSME

Amy Matthews has been teaching movement in the US and internationally since 1994. She is a Certified Body-Mind Centering® Teacher, Infant Developmental Movement Educator, Certified Laban Movement Analyst, yoga teacher, and movement therapist. Amy directs the Sonder Movement Project, which offers Somatic Movement Educator and Infant Developmental Movement Educator programs for the School of Body-Mind Centering. She also co-founded and co-directs Babies Project in NYC with Sarah Barnaby. Amy has taught with Bonnie Bainbridge Cohen, served on faculty at the Laban/Bartenieff Institute of Movement Studies, and created the Advanced Studies Program at The Breathing Project. She is co-author of Yoga Anatomy with Leslie Kaminoff and currently offers online and in-person classes that integrate yoga, Laban Movement Analysis, Bartenieff Fundamentals, Body-Mind Centering, and Proprioceptive Neuromuscular Facilitation.

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# CURRICULUM

- History of yoga
- Asana families, structure, alignment & sequencing
- How to teach beginners
- How to teach all levels classes
- Cultural Appropriation
- Yoga philosophy
- Yoga Sutras
- Bhagavad Gita
- Life Force Regulation, rest, breath & pranayama
- Anatomy, biomechanics, functional movement, physiology & kinesiology
- Teaching Practice, cueing, classroom management, and leadership
- Mindfulness & Meditation
- Community Building
- “Business” of Yoga

# SCHEDULE

## **Two weekends/month**

*Sat 1:30–8:30pm*

*Sun 1:30–6:30pm*

January 3, 4

January 17, 18

February 7, 8

February 28, March 1

March 14, 15

March 28, 29

April 18, 19

April 25, 26

May 2, 3

May 30, 31

June 6, 7

June 13, 14

## **3 Tuesdays/month**

*Tues 6:15–8:30pm (online)*

Dates to be announced

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# INVESTMENT

Tuition: \$3,275

\$500.00 deposit

Balance due by Dec 15th

Payment plans available

Includes weekend intensive  
with Amy Matthews,  
Co-author of *Yoga Anatomy*