



## 200 HOUR FOUNDATION YOGA TEACHER TRAININGS



### LOCATION

#### Prairie Yoga

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532  
(630) 968-3216

[prairieryoga@comcast.net](mailto:prairieryoga@comcast.net)

### TUITION\*

**\$3500 paid in full by one month prior to the first class;** \$3750 thereafter

\$150 additional fee for payment plans.

4.5% transaction fee added for credit card payments

**TEACHER TRAINING CLASS SCHEDULES** See page 2

### ADDITIONAL REQUIRED EVENTS

Trainees must attend all three events at an additional charge (fees are not included in the teacher training tuition). Several schedule options available for each event.

#### Marinda Stopforth

#### FUNDAMENTALS OF YOGA ANATOMY

Options:

Weekend: Friday evening - Sunday

- September 15-17, 2017
- March 16- 18, 2018
- September 28-30, 2018
- Tuesday evenings: Jan 2 - Feb 6, 2018

\$300 due 3 weeks prior; \$350 thereafter

#### Nicolai Bachman

#### YOGA PHILOSOPHY TRAINING

Friday evening - Sunday

Options:

- November 3-5, 2017
- April 27-29, 2018

\$300 one month prior; \$345 thereafter

#### Tias Little or Ali Modell

#### PRAJNA YOGA ANATOMY AND WISDOM TRAINING

Friday evening - Sunday

Option With Ali Modell

- Feb 16-18, 2018

\$375 one month prior; \$410 thereafter

Options with Tias Little:

- November 9-11, 2018
- April 26-28, 2019

\$410 one month prior; \$460 thereafter

\* Schedule & requirements subject to change

### PRAIRIE YOGA 200 HOUR YOGA TEACHER TRAINING

# 2017-2019

will deepen your own personal practice and prepare you to intelligently teach beginning and intermediate yoga classes from your own heart-felt path. We believe that establishing a firm foundation in your own yoga practice is key to becoming an inspiring yoga teacher.

You will learn how to use the tools and techniques from all eight limbs of yoga. Our philosophy is non-dogmatic. We offer a contemporary approach deeply rooted in the ancient wisdom of classical yoga. By immersing yourself in the study of yoga, you move toward becoming a balanced, whole individual deeply united with yourself, others and the world we live in.

### THE EIGHT LIMBS OF YOGA

**Yama** (social ethics to live in harmony with others)

**Niyama** (personal ethics to live a balanced life)

**Asana** (postures to build strength and flexibility so energy can flow freely)

**Pranayama** (breath control to increase your vital energy)

**Pratyahara** (internalizing the senses to reduce external stimulation)

**Dharana** (developing concentration and focus)

**Dhyana** (sustaining our focus to enter into meditation)

**Samadhi** (Oneness)

### LEARN HOW TO:

- Include all eight limbs of yoga in your practice and teaching
- Understand the energetic effects of asana, pranayama, bandha, meditation and the basic principles of Ayurveda
- Rid ourselves of habitual patterns, create a healthy balanced state and restore energy
- Train the mind to become still and develop self-awareness
- Sequence to emphasize different energetic effects, themes and intentions
- Apply key alignment principles
- Integrate the intelligent use of vinyasa (breath-synchronized movement)
- Understand anatomy of the physical and subtle bodies
- Balance the opposing forces of grounding/lightness; stability/ease; and strength/flexibility
- Introduce sound-based yoga practices such as chanting and simple mantras
- Refine your teaching language to be very clear and specific
- Demonstrate visually to emphasize key actions
- Adjust students manually to reinforce alignment principles in a safe and appropriate way
- Modify for common student issues
- Organize a yoga class to create a supportive environment for transformation
- Market yourself as a yoga teacher; understand common yoga financial agreements and insurance; and build healthy business relationships
- Gain insight into the ethics of teaching yoga

### PREREQUISITES:

The training is designed for those who want to become yoga teachers as well as for those who want to deepen their own personal practice and immerse themselves in the study of all aspects of yoga. One year of consistent yoga practice is required to enroll. Your commitment to learning and dedication to your own personal transformation is key to enjoying the benefits of this training.

# 200 hour Foundation Yoga Teacher Training Schedule Options

<p><b>THURSDAYS</b> with Reeny Linstrom (26) Thursdays 11:00 am - 3:30 pm</p>	<p><b>WEEKENDS</b> with Tricia Fiske One weekend per month Saturday - Sunday 10:30 am - 5:00 pm</p>	<p><b>SUMMER INTENSIVE</b> with Tricia Fiske (26) Days, Monday - Thursday 11:00 am - 3:30 pm</p>	<p><b>ALL-EMBRACING - FRIDAYS</b> with Linda Troutman (26) Fridays 10:30 am - 3:00 pm <b>A gentle and modified approach to the physical postures.</b></p>
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**SEPTEMBER 28, 2017- APRIL 26, 2018**  
No class 10/26, 11/23, 12/21, 12/28, 3/29,  
Early price due by September 7, 2017

**WEEKENDS IN 2018**  
February 3-4, 2018  
March 3-4, 2018  
April 7-8, 2018  
May 5-6, 2018  
June 2-3, 2018  
July 7-8, 2018  
August 4-5, 2018  
September 8-9, 2018  
October 6-7, 2018  
Early price due by January 5, 2018

**SUMMER INTENSIVE 2018**  
June 11-14, 2018  
June 18-21, 2018  
June 25-28, 2018  
July 9-12, 2018  
July 16-19, 2018  
July 23-26, 2018  
July 30-31, 2018  
Early price due by May 11, 2018

**ALL-EMBRACING** is a variation of our 200 hour Yoga Teacher Training for those who prefer a gentle or modified approach to the physical postures. Learn the essence of the classical postures and how to adapt them to support your own personal practice and the individual abilities of others. This variation is ideal for those who:

- have health challenges
- prefer a gentler approach
- want to teach a modified yoga approach to others

With a special emphasis on making the physical postures more accessible, the overall content of the training is the same as our regular 200 hour program.

**SEPTEMBER 27, 2018 - MAY 2, 2019**  
No class 11/8, 11/22, 12/20, 12/27, 3/28, 4/25  
Early price due by September 6, 2018

**WEEKENDS IN 2019**  
February 2-3, 2019  
March 2-3, 2019  
April 6-7, 2019  
May 4-5, 2019  
June 1-2, 2019  
July 6-7, 2019  
August 3-4, 2019  
September 7-8, 2019  
October 5-6, 2019  
Early price due by January 4, 2019

**SUMMER INTENSIVE 2019**  
June 10-13, 2019  
June 17-20, 2019  
June 24-27, 2019  
July 7-10, 2019  
July 14-17, 2019  
July 21-24, 2019  
July 29-30, 2019  
Early price due by May 10, 2019

**OCTOBER 6, 2017 - JUNE 1, 2018**  
No class 10/27, 11/3, 11/24, 12/22, 12/29, 2/16, 3/30, 4/27, 5/18  
Early price due by September 15, 2017

**OCTOBER 5, 2018 - MAY 10, 2019**  
No classes 11/9, 11/23, 12/21, 12/28, 3/29, 4/26  
Early price due by September 14, 2018

**FREE Yoga Teacher Training Sampler Classes & Information Meetings**

Thursday, August 17, 2017  
with Reeny Linstrom  
Saturday, December 9, 2017  
with Tricia Fiske

Saturday, April 21, 2018  
with Tricia Fiske  
Thursday, August 16, 2018  
with Reeny Linstrom

Saturday, December 8, 2018  
with Tricia Fiske  
Saturday, April 20, 2019  
with Tricia Fiske

Friday, August 18, 2017  
with Linda Troutman  
Friday, August 17, 2018  
with Linda Troutman



**PRAIRIE YOGA**  
INSTITUTE

**Prairie Yoga**  
4701 Auvergne Avenue, Suite 104, Lisle, IL 60532  
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## APPLICATION

### ADDITIONAL CERTIFICATION REQUIREMENTS

- Complete 15 hours of Fundamentals of Yoga Anatomy training with Marinda Stopforth plus 6 hours of non-contact anatomy workbook.\*
  - Attend 15 hours of Tias Little's Prajna Yoga Anatomy and Wisdom Training with either Tias Little or Ali Modell\*
  - Attend 18 hours of elective master yoga teacher workshops.\*
  - Attend 12 hours of Sanskrit and yoga philosophy with Nicolai Bachman.\*
  - Observe and assist a senior teacher: 15 hours.
  - Complete all homework assignments (approximately 3-5 hours per week).
  - Teach 2 community classes.
  - Read 4 of the 6 required books and write a 1-2 page review for each.
  - Teach 2 private yoga lessons and write an overview.
  - Teach yoga to a needy group at no charge (community service/ karma yoga).
  - Provide proof of CPR certification.
  - Complete a 20-hour self-study project in a specialty area of yoga that interests you. Present your exploration as a document, video, class or other medium appropriate for your topic.
  - Demonstrate the ability to teach an inspiring Level 1-2 yoga class clearly, safely and appropriately.
- \* Fees for required and elective workshops are not included in tuition.

### BOOK REQUIREMENTS

#### Yoga Teacher Training Manual

The extensive yoga teacher training manual is included in your tuition.

#### Required for Coursework (purchase on your own)

*Light on Yoga* by B.K.S. Iyengar  
*Yoga for Wellness* by Gary Kraftsow  
*Yoga Sutras of Patanjali* translated by Swami Satchidananda  
*Scientific Keys 1: Key Muscles of Yoga* by Ray Long

#### Required Reading (Pick 4 out of 6)

*Peace is Every Step* by Thich Nhat Hahn  
*Bringing Yoga to Life* by Donna Farhi  
*The Tree of Yoga* by B.K.S. Iyengar  
*Living Your Yoga: Finding the Spiritual in Everyday Life* by Judith Lasater  
*Fire of Love: For Students of Life and Teachers of Yoga* by Aadil Palkhivala  
*Health, Healing and Beyond* by T.K.V. Desikachar

### REGISTRATION AND PAYMENT

- To register, answer the application questions below and send via email to [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net)
- Include your \$100 application processing fee (non-refundable, except if you are not accepted). You may also submit your application and pay the application fee online at: <http://prairieyoga.org/200-hour-registration>
- Upon acceptance, please contact us to arrange your tuition payment and to receive a copy of the trainee agreement.

#### 10 FREE yoga classes are included with your tuition

Begins with your first tuition payment and expires 3 months after your last training class. *Special events, series classes, workshops and trainings are not included.*

*No exceptions. No cash value. Non-transferable. Non-extendable.*

Please make all checks payable to Prairie Yoga. *Returned checks subject to \$50 fee.*

#### \$100 application processing fee

non-refundable, except if you are not accepted

#### \$3500 if paid in full by one month prior to the first day of the class

\$3750 thereafter

Payment plan available for additional \$150; See 5 month payment plan option available on website within training description or call the studio.

**Refunds:** Requests for refunds must be submitted in writing to the Director, Lori Gaspar. Refunds are limited and are not available after the second day of teacher training class. See website/trainee agreement for details.

*If paying by credit card (4.5% transaction fee will be added):*

Credit Card #: \_\_\_\_\_

Expiration: \_\_\_\_\_ 3-digit security code: \_\_\_\_\_

Signature: \_\_\_\_\_

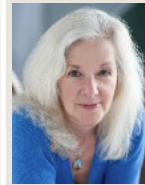
Date: \_\_\_\_\_

### APPLICATION

**Please email responses to: [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net)** (include original question in response). Upon acceptance, you will be sent an agreement which outlines the policies and certification requirements.

1. Name
2. Address
3. Primary Phone
4. E-mail address
5. Emergency Contact
6. Date of Birth
7. How long have you been practicing yoga? Please describe your personal yoga practice.
8. What yoga style or method have you practiced? Do you prefer a certain style?
9. Do you have a job? If so, please describe.
10. Are you teaching yoga now? Where? Approximately how many hours per week?
11. Why are you interested in this training? What do you hope to gain from this experience?
12. Have you studied yoga before? Where and with whom?
13. Please describe your health history.
14. Please describe your emotional and mental health.
15. How is your health now? Do you have any recent injuries? Please describe.
16. Are you currently taking any medications? Please describe.
17. List activities, hobbies, interests.
18. List anything interesting you would like us to know about you.
19. Identify the dates and location of the program you're applying to (For example: 200 TT Thursdays 2017, Lisle).

## Primary Instructors



**TRICIA FISKE, 500 E-RYT**, has been a teacher since 1999 and primary faculty with Prairie Yoga for 11 years. Tricia is a leader in the Chicago western suburban yoga community and has trained and influenced many teachers in the area. She is one of the first Level 2 certified teachers in Rod Stryker's ParaYoga tradition.



**REENY LINSTROM, 500 E-RYT**, a former dancer, has been a passionate and dedicated practitioner of yoga for 20 years and a teacher since 2001. Reeny received her 500 hour yoga teaching certificate from Prairie Yoga in 2008 and has been a faculty member of Prairie Yoga Teacher Training for 11 years. She has studied extensively with Tias Little and Gabriel Halpern, with a special focus on therapeutics.



**LINDA TROUTMAN, BS, Certified Yoga Therapist, 500 E-RYT**, has practiced yoga for over 26 years and taught for 16 years. Linda is certified 500 hour by Prairie Yoga; a certified 1000 hour yoga therapist from Yoga North and International Soma Yoga Institute; earned a Certificate for Therapeutic Yoga for Seniors Professional Training from Duke Integrative Medicine; and is a Certified YogaKids® teacher.