



All-Embracing 200 hour Yoga Teacher Training

Fridays, 10:30 am - 3:00 pm: February - December 2016

LOCATION

Prairie Yoga

4701 Auvergne Avenue, Suite 104
Lisle, IL 60532
www.prairiefyoga.org
(630) 968-3216
prairiefyoga@comcast.net

PRIMARY INSTRUCTOR

Linda Troutman, BS, 500 E-RYT, has practiced Yoga for over 25 years and taught for 15 years. Linda is certified 500 CYT by Prairie Yoga; earned a Certificate for Therapeutic Yoga for Seniors Professional Training from Duke Integrative Medicine; is a RCYT and a Certified YogaKids[®] teacher, and is currently pursuing her 1000 hr yoga therapist certification with Yoga North and International Soma Yoga Institute.

SCHEDULE

Teacher Training Classes

(26) Fridays, 10:30 am - 3:00 pm
February 19 - December 16, 2016
No class: 3/25, 4/15, 5/27, 6/10 - 9/2
(summer break), 11/4, 11/25

TUITION

\$3500 early price paid by January 22, 2016; \$3750 thereafter
See reverse for details.

10 FREE yoga classes at Prairie Yoga are included with your tuition!

ADDITIONAL REQUIRED EVENTS

Trainees must attend all three events at an additional charge (fees are not included in the teacher training tuition).

Fundamentals of Yoga Anatomy with Marinda Stopforth

3 Schedule Options

(6) Tues evenings Jan 5 – Feb 9, 2016
Or Weekend Friday eve - Sunday:
May 13-15, 2016 or Sep 23-25, 2016
\$300 by 3 weeks prior;
\$350 thereafter

Nicolai Bachman

Cakras, Sanskrit and The Yoga Sutras Unraveled*

Friday eve – Sunday, Nov. 4-6, 2016
\$250 by Oct 7, 2016; \$300 thereafter

Tias Little From The Ground Up Teacher Training (April 2016)

OR **Judith Hanson Lasater Relax and Renew[®] Training** (June 2016)

See website for prices and schedules

Schedule and requirements subject to change

NEW FOR 2016!

All-Embracing is a new variation on 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. 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.



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.

Additional Certification Requirements

- Complete 15 hours of Fundamentals of Yoga Anatomy with Marinda Stopforth plus 6 hours of non-contact anatomy workbook.*
- Attend 24 hours of Tias Little Teacher Training or 30 hours of Judith Hanson Lasater Relax and Renew Training.*
- Attend elective workshops at Prairie Yoga (12 hours if you take Judith Hanson Lasater event, 18 hours if you take Tias Little event).*
- Attend 12 hours of Sanskrit and Yoga philosophy with Nicolai Bachman.*
- Observe and assist senior teachers: 15 hours.
- Complete all homework assignments (approximately 3-5 hours per week).
- Teach 2 community classes.
- Read 4 of the 7 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
- 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 Yoga class clearly, safely and appropriately.

* Fees for required and elective workshops are not included in tuition.

Book Requirements

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

Overcoming Trauma through Yoga:

Reclaiming Your Body by David Emerson & Elizabeth Hopper.

For More Information

www.prairieyoga.org

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REGISTRATION AND PAYMENT

- To register, answer the application questions below and send via email to prairieyoga@comcast.net
- Mail your \$100 application processing fee (non-refundable) to Prairie Yoga or call the studio to pay by credit card. You may also submit your application online and pay the application fee online.
- 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 December 30, 2016. 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 \$50.00 fee.

_____ **\$100 application processing fee (non-refundable)**

_____ **\$3500 if paid in full by 1/22/16**

_____ \$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. See website for details.

APPLICATION

Please email responses to: 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 (All-Embracing 200 TT Fridays 2016 Lisle).

If paying by credit card (4% transaction fee will be added):

Credit Card #:

Expiration:

3-digit security code:

Signature:

Date:

20.