



## All-Embracing 200 hour Yoga Teacher Training

**Fridays, 10:30 am - 3:00 pm: February 10 - December 8, 2017**

### LOCATION

#### Prairie Yoga

4701 Auvergne Avenue, Suite 104

Lisle, IL 60532

[www.prairiejoga.org](http://www.prairiejoga.org)

(630) 968-3216

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

### PRIMARY INSTRUCTOR

#### Linda Troutman, BS, Certified

#### Yoga Therapist, 500 E-RYT,

#### RYCT, 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.

### SCHEDULE

#### Teacher Training Classes

(26) Fridays, 10:30 am - 3:00 pm

February 10 - December 8, 2017

No class: 4/14, 5/26 - 9/1 (summer break),

11/3, 11/24

### TUITION

**\$3500 early price paid by Friday,**

**January 20, 2017;** \$3750 thereafter

\$150 additional fee for payment plans.

4.5% transaction fee added for credit card payments

**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) Tuesday evenings

January 3 – February 14, 2017 OR

Weekend, Friday evening - Sunday:

September 23-25, 2016 OR

March 17-19, 2017

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

#### Nicolai Bachman

#### Cakras, Sanskrit and The Yoga Sutras Unraveled\*

Friday - Sunday, Nov. 3-5, 2017 (12 hours)

\$275 by Oct. 6, 2017; \$325 thereafter

#### Tias Little

#### From The Ground Up Yoga Teacher Training

Thursday - Sunday, April 27-30, 2017,

9:30 am - 5:00 pm (24 hours)

\$600 by March 31, 2017; \$700 thereafter

Schedule and requirements subject to change

**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 training with Marinda Stopforth plus 6 hours of non-contact anatomy workbook.\*
- Attend 24 hours of Tias Little Teacher Training.\*
- 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 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 (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 [prairieryoga@comcast.net](mailto:prairieryoga@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.
- 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 29, 2017. 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 Friday, January 20, 2017**

\_\_\_\_\_ \$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/trainee agreement for details.

## APPLICATION

**Please email responses to: [prairieryoga@comcast.net](mailto:prairieryoga@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 2017 Lisle).

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

Credit Card #:

Expiration:

3-digit security code:

Signature:

Date:

