

Advanced Yoga Teacher Training 500 Hour Certification

We offer a flexible, comprehensive program designed to strengthen, expand and refine your teaching and sequencing skills. Study yoga philosophy and energetics in-depth and develop expertise in adaptation and therapeutic yoga. Those who pursue the full 500 hour certification become specialized and highly skilled yoga teachers who can make a living teaching private lessons, specialized classes and focused workshops to a wide variety of students.

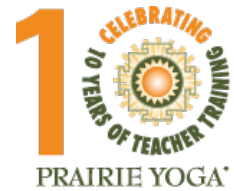
Prerequisite: 200 hour yoga teacher training

The primary coursework is presented in 4 modules that can be taken in any order.

All courses may be taken as continuing education without pursuing certification.



Yoga Alliance Registered Yoga School since 2006



**GREAT
TEACHERS
NEVER STOP
LEARNING**

Teaching Skills, Sequencing and The Teacher/Student Relationship 45 hours



- Refine your understanding of alignment in intermediate asana.
- Train your eyes to see and your body to feel unhealthy habitual patterns and then learn how to guide yourself and your students into healthy movements.
- Develop your art of sequencing with intention and intelligence. Create class themes and establish energetic intentions. Refine your ability to link a yogic concept throughout a class and learn how to teach with deeper intentions
- Clarify your teaching skills and become more effective in your visual demonstrations, verbal instruction and hands-on adjustments.
- Provide an opportunity for supportive feedback on your teaching skills.
- Develop healthy teacher-student relationships and uphold the ethics of teaching yoga.

Schedule Options:

Weekends with Marinda Stopforth

(4) Weekends in Winter 2018: Saturday - Sunday, 12:00 - 5:35 pm
Jan 13-14 / Feb 10-11 / Mar 10-11 / Apr 14-15, 2018

Tuesdays with Marinda Stopforth

(10) Tuesdays in Spring/Summer 2018, 11:00 am - 3:30 pm
April 17 - June 26, 2018 (no class May 15)

Energetics, Pranayama and Ayurveda 45 hours



- Enhance your understanding of the energetic, psychological and subtle bodies, with a special focus on the prana vayus, primary nadis, chakras, and earth elements so that your teaching penetrates deeper layers of being.
- Experience and learn how to teach deep relaxation and yoga nidra. This includes the use of props to support the body and facilitate deep relaxation.
- Expand your knowledge, deepen your personal practice and refine your teaching of pranayama.
- Establish a daily and seasonal routine based upon the principles of Ayurveda.

Schedule Options:

Tuesdays with Lori Gaspar and Alison Larkin

(10) Tuesdays in Spring 2017, 11:00 am - 3:30 pm
April 4 - June 6, 2017

Weekends with Tricia Fiske and Alison Larkin

(4) Weekends in Summer 2018: Saturday - Sunday, 12:00 - 5:35 pm
May 12-13 / June 9-10 / July 14-15 / Aug 11-12, 2018

Tuesdays with Tricia Fiske and Alison Larkin

(10) Tuesdays in Fall 2018, 11:00 am - 3:30 pm
September 11 - November 13, 2018

Yoga Philosophy, Yoga History and Meditation 36 hours



- Plunge deep into key concepts and readings in classical yoga philosophy, including Patanjali's Yoga Sutras, The Bhagavad Gita, The Hatha Yoga Pradipika and the primary Upanishads.
- Understand the principles of yoga psychology, koshas and Samkhya philosophy.
- Learn the history of yoga and how it relates to modern teaching.
- Explore a variety of meditation techniques and learn how to teach meditation effectively in a yoga class.
- This module includes extensive reading homework with study guides - please allow extra time in your schedule.

Schedule Options:

Weekends with Marinda Stopforth

(4) Weekends in Spring/Summer 2017
Saturday - Sunday, 12:00 - 4:30 pm
May 6-7 / June 3-4 / July 8-9 / Aug 5-6, 2017

Tuesdays with Lori Gaspar

(8) Tuesdays in Fall 2017, 11:00 am - 3:30 pm
Sept 19 - Nov 14, 2017 (no class Oct 24)

Weekends with Marinda Stopforth

(4) Weekends in Fall 2018: Saturday - Sunday, 12:00 - 4:30 pm
Sept 15-16 / Oct 13-14 / Nov 10-11 / Dec 8-9, 2018

Adaptation: Common Conditions and Special Populations 54 hours



- Learn how to adapt and modify the practice for a wide variety of students and different health conditions such as low back and hip issues, seniors, cancer, scoliosis, depression, anxiety, pregnancy and more.
- Build a private practice, become a specialized workshop presenter and expand your teaching career.
- If you did not take your 200 hour training with Prairie Yoga, it is highly recommended (but not required) to take the Teaching Skills module prior to taking the Adaptation module.

Schedule Options:

Weekends with Linda Troutman

(5) Weekends in Fall 2017: Saturday - Sunday, 12:00 - 5:25 pm
Sept 9-10 / Oct 7-8 / Oct 21-22 / Nov 11-12 / Dec 2-3, 2017

Tuesdays with Linda Troutman

(12) Tuesdays in Winter 2018, 11:00 am - 3:30 pm
Jan 16 - April 10, 2018 (no class March 27)

Weekends with Linda Troutman

(5) Weekends in Winter 2019, Saturday - Sunday, 12:00 - 5:25 pm
Jan 12-13 / Feb 9-10 / Mar 9-10 / Apr 13-14 / May 11-12, 2019

Advanced Yoga Teacher Training/500 Hour Certification

PROGRAM STRUCTURE

The core courses of the training are offered in modules which can be taken in any order. Additional required and elective courses are outlined below.

All courses may be taken without pursuing a certificate.

PROGRAM REQUIREMENTS

4 Core Course Modules

Elective Courses

Additional Requirements for Certification

PREREQUISITE

Participants may register for their first course at any time after completing a 200 hour yoga teacher training

Not a 200 Hour Prairie Yoga graduate?

Fundamentals of Yoga Anatomy with Marinda Stopforth is highly recommended to improve your understanding of alignment. See our website for schedule options.

500 HOUR CERTIFICATION

- All certification requirements must be completed within a maximum of 3 years. Time begins with the first module you enroll in.
- Submit the Advanced Training application at prairieyoga.org for approval to follow the full coursework toward 500 hour certification.
- You are required to review and sign the trainee agreement provided.
- We will provide you with a checklist to keep track of your courses and requirements as you go through the program. The teacher of each course must confirm that you "passed" with 90% and above attendance and your full and active participation in the course.
- You will be assigned an advisor for guidance on your requirements.

ELECTIVE COURSES

Choose any combination totaling 48 contact hours:

- Tantric Hatha Yoga Advanced Training with Tricia Fiske (24 hours) \$475
 - Therapeutics Apprenticeship with Linda Troutman (24 hours) free
 - Elective Workshops at Prairie Yoga (totaling 24 hours) cost varies.
- You may begin taking Elective courses upon your acceptance into the Advanced Training.

ADDITIONAL REQUIREMENTS

Complete all homework assignments and pass any quizzes provided in each core course module.

The Art of Teaching Therapeutics with Linda Troutman (12 contact hours) \$275

Advanced Anatomy Training events at Prairie by Julie Gudmestad, Gill Solberg, Tias Little, Baxter Bell, Jules Mitchell Judith Lasater and others as approved by Lori Gaspar (24 contact hours) \$550 estimated

3 hours of community service donating your time to a cause you support.

Certification Bundle of 3 items below: \$275

- Video Review: Teach with a group of your peers and receive feedback – (6 contact hours)
- Final Culmination Teaching Project: Research, develop, market and teach 9 hours of a specialty yoga topic of your own interest as approved by the Director (40 non-contact hours)
- Teach 5 private lessons and write 1-2 page overview of each (10 non-contact hours)

Teaching Skills, Sequencing and The Teacher/Student Relationship

45 hours / \$945 early price 4 weeks prior, \$1040 thereafter

Required Book: (purchase on your own)

- *Theme Weaver* by Michelle Berman Marchildon
- The yoga teacher training manual is included in your tuition

Energetics, Pranayama and Ayurveda

45 hours / \$945 early price 4 weeks prior, \$1040 thereafter

Required Books: (purchase on your own)

- *Light on Pranayama* by B.K.S. Iyengar
- *Hatha Yoga Pradipika* by Swami Muktibodhananda
- *The Hidden Secret of Ayurveda* by Dr. Robert E. Svoboda
- The yoga teacher training manual is included in your tuition

Yoga Philosophy, Yoga History and Meditation

36 hours / \$755 early price 4 weeks prior, \$830 thereafter

Required Books: (purchase on your own)

- *Light on Life* by B.K.S. Iyengar
- *Hatha Yoga Pradipika* by Swami Muktibodhananda
- *The Yoga Sutras of Patanjali*, any translation you prefer Edwin Bryant is recommended.
- *The Bhagavad Gita translated* by Eknath Easwaran
- *The Upanishads* translated by Eknath Easwaran
- The yoga teacher training manual is included in your tuition

Adaptation: Common Conditions and Special Populations

54 hours / \$1135 early price 4 weeks prior, \$1250 thereafter

Required Books:

- The yoga teacher training manual is included in your tuition

You have the option to pay for each item separately as you go or pre-pay for all 4 core courses + certification bundle = \$3700* (save \$355).

Pre-payment option is due 4 weeks prior to first core course module.

Prices stated are for cash or check only.

Credit card and online payments subject to 4.5% transaction fee.

Payment plans are available on the website within the description of each module.

**Fees for The Art of Teaching Therapeutics, Tantric Hatha Yoga, Advanced Anatomy Training and Elective Workshops are not included in the pre-pay option.*

REFUNDS

Refunds are limited. Per core course module: \$100 administrative fee for refunds one month before first class. \$200 fee for refunds less than one month before first class. \$300 fee for refund requests on first day of class. No refunds after first class. See trainee agreement for more details.

FACULTY

Lori Gaspar, BFA, MA, 500 E-RYT / Marinda Stopforth, OTR, 500 E-RYT
Tricia Fiske, BA, 500 E-RYT / Linda Troutman, BS, 500 E-RYT, RCYT
Alison Larkin, BSN, Certified Ayurvedic Practitioner, 500 CYT

Schedule, faculty and requirements subject to change.