

200 Hour Yoga Teacher Training

FREE Sampler Classes & Information Meetings

Thursday, August 17, 2017
Thursday, August 16, 2018
with Reeny Linstrom
 Sampler Class: 11:00 am - 12:15 pm
 Information Meeting: 12:30 - 1:30 pm

Saturday, December 9, 2017
Saturday, December 8, 2018
Saturday, April 21, 2018
Saturday, April 20, 2019
with Tricia Fiske
 Sampler Class: 1:00 - 2:15
 Information Meeting: 2:30 - 3:30 pm

ALL-EMBRACING
Friday, August 18, 2017
Friday, August 24, 2018
with Linda Troutman
 Sampler Class: 10:30 - 11:45 am
 Information Meeting: 12:00-1:00 pm
 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.

FREE Sampler Class

Join us for a yoga intensive aimed at helping you evolve from within. Set your intention to infuse your life with positive change. By releasing old patterns, we create space to reveal our essence and to realize the power that is always within us. Prairie Yoga's teaching places a special emphasis on aligning the mind, body and spirit to develop deep wisdom and mindfulness.

FREE Information Meeting

Learn more about the 200 Hour Prairie Yoga Teacher Training program and meet the instructor. We will discuss the content and format of the training, review the certification requirements and answer your questions. You can review a copy of the Teacher Training Manual.

INSTRUCTORS



REENY LINSTROM
500 E-RYT

Reeny 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.



TRICIA FISKE
500 E-RYT

Tricia 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.



LINDA TROUTMAN
CERTIFIED YOGA THERAPIST,
500 E-RYT

Linda 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.

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Date/Time	Instructor
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STUDENT INFORMATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____



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