



200 HOUR FOUNDATION YOGA TEACHER TRAININGS



LOCATION

Prairie Yoga

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

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>THURSDAYS with Reeny Linstrom (26) Thursdays 11:00 am - 3:30 pm</p>	<p>WEEKENDS with Tricia Fiske One weekend per month Saturday - Sunday 10:30 am - 5:00 pm</p>	<p>SUMMER INTENSIVE with Tricia Fiske (26) Days, Monday - Thursday 11:00 am - 3:30 pm</p>	<p>ALL-EMBRACING - FRIDAYS with Linda Troutman (26) Fridays 10:30 am - 3:00 pm A gentle and modified approach to the physical postures.</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 2018
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
(630) 968-3216 / prairieyoga@comcast.net

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
- 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: _____

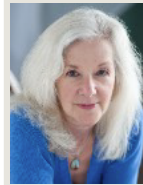
Date: _____

APPLICATION

Please email responses to: prairieyoga@comcast.net (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).

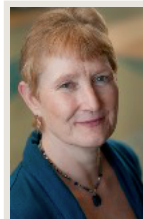
Primary Instructors



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.