

## 200 hour Foundation Yoga Teacher Training

April - December 2015 at Capital Fitness, Madison, WI

### SPONSORED BY

#### Capital Fitness

15 N. Butler St.  
Madison, WI, 53703

### FOR MORE INFORMATION

#### Registration:

Ellen McKenzie  
(608) 251-1245  
ellen@capitalfitness.net

#### Certification and Training:

www.prairiyoga.org  
prairiyoga@comcast.net  
(630) 968-3216

### INSTRUCTORS

Ellen McKenzie, 500 E-RYT

### SCHEDULE

#### 2015 Weekends

Saturday, 12:00 - 6:00 pm  
Sunday, 9:00 am - 4:00 pm  
April 11-12 / May 23-24 / June 20-21  
July 18-19 / Aug 15-16 / Sept 12-13  
Oct 17-18 / Nov 21-22 / Dec 12-13

### TUITION\*

\$150 non-refundable, non-transferable deposit

**\$3250 if paid in full by 3/13/15**

\$3500 thereafter (See reverse for details)

4% transaction fee added for credit card payments

\$150 fee for payment plans (Contact Capital Fitness for details)

### REQUIRED EVENTS\*

#### Fundamentals of Yoga Anatomy

with Amy Pearce-Hayden  
Oct 24 and Nov 7, 2015  
(2) Saturdays 9-5 p.m. with 30 min break  
(15 contact hours)  
\$220 early/\$250 regular  
Held at Capital Fitness

#### Self Care for the Yoga Teacher

**Retreat** with Tammy Mitchell  
Saturday, Sept 26, 2015, 10 a.m. – 4 p.m.  
(6 contact hours) \$90 early/\$110 regular  
Held at Capital Fitness

### See back of flyer for additional requirements.

Schedule and requirements subject to change

\*Fees for required and elective workshops, props and books are not included in tuition.



Prairie Yoga 200 hour Teacher Training 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 that 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.



## Additional Certification Requirements

- Complete 15 hours of Fundamentals of Yoga Anatomy\*
- Attend 6 hours Self-care Retreat\*
- Attend 30 hours of elective workshops at Capital Fitness or Prairie Yoga\*
- 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 (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 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 7)

*Peace is Every Step* by Thich Nhat Hahn

*Bringing Yoga to Life* by Donna Farhi

*The Tree of Yoga* by B.K.S. Iyengar

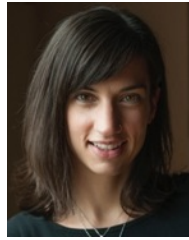
*Living Your Yoga: Finding the Spiritual in Everyday Life* by Judith Lasater

*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



## Primary Instructor

**Ellen McKenzie** graduated from the first Prairie Yoga training offered at Cascade Yoga Studio, Grand Rapids, MI in 2009, and has lived a life dedicated to teaching and study ever since. Ellen has been a Prairie Yoga student, mentor, assistant teacher, and is honored to be lead teacher trainer in Grand Rapids, Madison, WI, & West Peoria, IL. Ellen studies intensively with Tias Little and completed her 500 Hour with Theresa Murphy in 2014.

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### REGISTRATION AND PAYMENT

- To register, answer the application questions below and email to [ellen@capitalfitness.net](mailto:ellen@capitalfitness.net) and [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net).
  - Mail deposit check payable to Capital Fitness 15 N. Butler St. Madison, WI, 53703 Returned checks subject to \$50 fee.
  - Please call Capital Fitness (608) 251-1245 and ask for Ellen to pay by credit card; 4% transaction fee added for credit card payments.
- \_\_\_\_\_ \$150 non-refundable, non-transferable deposit holds your spot until March 13, 2015 when tuition is due (either full payment or the first payment in your payment plan). Deposit is credited toward last tuition payment.
- \_\_\_\_\_ \$3250 if paid in full by March 13, 2015
- \_\_\_\_\_ \$3500 thereafter
- \_\_\_\_\_ Payment plan available for additional \$150; For details, contact Capital Fitness

**Refunds:** The tuition paid by the applicant shall be refunded if the applicant is rejected by the school before enrollment. All tuition and fees paid by the applicant minus the \$150 deposit shall be refunded if requested within 3 business days of payment and prior to the first training class, otherwise the following refund policies are in effect:

- Before the first training class, your tuition will be refunded minus \$150.
- After the first training class, your tuition will be refunded minus \$250.
- After the second training class, your tuition will be refunded minus \$500.
- No refunds are available on the day of the third training class or thereafter.
- Requests for refunds must be submitted in writing to Tammy Mitchell.
- All refunds shall be returned within 30 days.

### APPLICATION

Please email responses to: [ellen@capitalfitness.net](mailto:ellen@capitalfitness.net) and [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net). (include original question in response).

1. Name
2. Address
2. Primary Phone
3. E-mail address
3. Emergency Contact
4. Date of Birth
5. How long have you been practicing yoga? Please describe your personal yoga practice.
6. What yoga style or method have you practiced? Do you prefer a certain style?
7. Do you have a job? If so, please describe.
8. Are you teaching yoga now? Where? Approximately how many hours per week?
9. Why are you interested in this training? What do you hope to gain from this experience?
10. Have you studied yoga before? Where and with whom?
11. Please describe your health history.
12. Please describe your emotional and mental health.
13. How is your health now? Do you have any recent injuries? Please describe.
14. Are you currently taking any medications? Please describe.
15. List activities, hobbies, interests.
16. List anything interesting you would like us to know about you.
17. Identify the dates and location of the program you're applying to (Madison 2015).

Upon acceptance, you are required to read and sign our trainee agreement which outlines the policies and certification requirements of the training.