

# 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

*Prairie Yoga LLC is approved by the Division of Private Business and Vocational Schools of the Illinois Board of Higher Education.*

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:

#### Tuesdays with Lori Gaspar

(10) Tuesdays in 2015: 11:00 am - 3:30 pm  
Sept 15 - Nov 17, 2015

#### Weekends with Marinda Stopforth

(4) Weekends in 2016: Saturday - Sunday, 12:00 - 5:35 pm  
Sept 10-11/Oct 8-9/Nov 12-13/Dec 10-11, 2016

## 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:

#### Weekends with Tricia Fiske and Alison Larkin

(4) Weekends in 2015  
Saturday - Sunday, 12:00 - 5:35 pm  
Sept 26-27/ Oct 10-11/ Nov 21-22/ Dec 12-13, 2015

#### Tuesdays with Marinda Stopforth and Alison Larkin

(10) Tuesdays in 2016  
11:00 am - 3:30 pm  
Jan 12 - March 22, 2016 (no class 3/15)

## 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:

#### Tuesdays with Lori Gaspar

(8) Tuesdays in 2016  
11:00 am - 3:30 pm  
April 12 - May 31, 2016

## 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 2016  
Saturday - Sunday, 12:00 - 5:25 pm  
Jan 9-10/ Feb 13-14/ March 12-13/ April 9-10/May 14-15, 2016

#### Tuesdays with Lori Gaspar

(12) Tuesdays in 2016, 11:00 am - 3:30 pm  
Sept 13 - Nov 29, 2016

# 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 an additional requirement for 500 hour certification. It is highly recommended that you take this course early in your coursework (or prior). See our website for schedule options.

## 500 HOUR CERTIFICATION

- All certification requirements must be completed within a maximum of 3 years.
- Submit the Advanced Training application at [prairieryoga.org](http://prairieryoga.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) \$450
- 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) \$240

**Advanced Anatomy Training** events at Prairie by Julie Gudmestad, Gill Solberg, Tias Little 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:** \$250

- 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)

*Schedule, faculty and requirements subject to change. Requirements are guaranteed with your signed trainee agreement.*

## Teaching Skills, Sequencing and The Teacher/Student Relationship

**45 hours / \$899 early price 2 weeks prior, \$999 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 / \$899 early price 2 weeks prior, \$999 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 / \$729 early price 2 weeks prior, \$829 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 / \$1089 early price 2 weeks prior, \$1189 thereafter**

**Required Books:**

- The yoga teacher training manual is included in your tuition

## PAYMENTS

**You have the option to pay for each item separately as you go or pre-pay for all 4 core courses + certification bundle = \$3500\* (save \$366).**

*Pre-payment option is due 2 weeks prior to first core course module.*

Prices stated are for cash or check only.

Credit card and online payments subject to 4% 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: \$75 administrative fee for refunds two weeks before first class. \$150 fee for refunds less than 2 weeks before first class. \$250 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