

# Advanced Yoga Teacher Training

300+ hours For Graduates of 200 Hour Yoga Teacher Training Programs  
Completion of all coursework leads to 500 Hour yoga teacher certification  
All courses may be taken as continuing education without pursuing 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



PRAIRIE  
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INSTITUTE

**GREAT  
TEACHERS  
NEVER STOP  
LEARNING**

## PROGRAM STRUCTURE

The core courses of the training are offered in modules which can be taken in any order, except you must take the Teaching and Sequencing Module prior to the Adaptation Module. 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

## REGISTRATION REQUIREMENTS

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

## 500 HOUR CERTIFICATION

- You may decide to pursue certification at any time during your core coursework with the understanding that all certification requirements must be completed within a maximum of 3 years.
- Fill out and submit the 500 hour certification declaration form to declare your intent to follow the full coursework toward 500 hour certification.
- 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.
- When you purchase the certification bundle and are ready to work on your final self-study teaching project, you will be assigned a mentor for guidance and feedback on your final requirements.



## CORE COURSE MODULES

Our core courses meet on Tuesdays or weekends. Choose the schedule that works best for you.

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

45 hours  
\$899 early price two weeks prior, \$999 thereafter

### Schedule Options:

#### Tuesday Session with Lori Gaspar and April Storms

(10) Tuesdays, 11:00 a.m. - 3:30 p.m.  
Jan 7 - March 11, 2014

#### Weekend Session with Marinda Stopforth

(4) Weekends in 2014  
Saturday - Sunday, 12:00 - 5:05 p.m.  
Sept 13-14/ Oct 11-12/ Nov 8-9/ Dec 13-14

Refine your understanding of alignment in asana. Fine-tune alignment of intermediate-level: standing poses, forward bends, twists, back bends, sarvangasana, sirsasana, restorative and variations

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.

Explore recommendations for developing healthy teacher-student relationships and upholding the ethics of teaching yoga

**Required Books:** The yoga teacher training manual is included in your tuition.

## Yoga Philosophy, Yoga History and Meditation

36 hours

\$729 early price two weeks prior, \$829 thereafter

### Schedule Options:

#### Tuesday Session with Lori Gaspar

April 15 – June 3, 2014

(8) Tuesdays, 11:00 a.m. - 3:30 p.m.

#### Weekend Session with Marinda Stopforth

(4) Weekends in 2015

Saturday - Sunday, 12:00 - 4:30 p.m.

Jan 10-11/ Feb 14-15/ March 14-15/

April 11-12

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 in detail.

Understand the principles of yoga psychology 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.

### 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* trans. by Eknath Easwaran

The yoga teacher training manual is included in your tuition.

Enhance your understanding of the energetic, psychological and subtle bodies, with a special focus on the koshas and prana vayus, 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;

### 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.

## Adaptation: Common Conditions and Special Populations

54 hours

\$1089 early price two weeks prior, \$1189 thereafter

### Schedule Options:

#### Tuesday Session with Lori Gaspar and Linda Troutman

Jan 13 – March 31, 2015

(12) Tuesdays, 11:00 a.m. - 3:30 p.m.

#### Weekend Session with Linda Troutman

(5) Weekends in 2016

Saturday - Sunday, 12:00 - 5:20 p.m.

Jan 9-10/ Feb 13-14/ Mar 12-13/ April 9-10/

May 14-15

**Prerequisite:** Teaching Skills, Sequencing and the Teacher/Student Relationship Module

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.

**Required Books:** The yoga teacher training manual is included in your tuition.

## Energetics, Pranayama and Ayurveda

45 hours

\$899 early price two weeks prior, \$999 thereafter

### Schedule Options:

#### Tuesday Session with Lori Gaspar and Alison Larkin

Sept 16 – Nov 18, 2014

(10) Tuesdays, 11:00 a.m. - 3:30 p.m.

#### Weekend Session with Tricia Fiske and Alison Larkin

(4) Weekends in 2015

Saturday - Sunday, 12:00 - 5:07 p.m.

Sept 12-13/ Oct 10-11/ Nov 14-15/ Dec 12-13

## ADDITIONAL REQUIREMENTS

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

The Art of Teaching Therapeutics with Linda Troutman or Gabriel Halpern (12 contact hours) \$240

Anatomy Teacher Training with Tias Little (24 contact hours) \$550

3 hours of community service donating your time to a cause or purpose 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

## ELECTIVE COURSES

Choose any combination totaling 48 contact hours:

- Tantra Hatha Yoga with Tricia Fiske (24 hours) \$450
- Therapeutics Apprenticeship with Linda Troutman or Gabriel Halpern (24 hours) free
- Master Teacher Electives (totaling 24 hours) cost of workshops vary

## 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).

*Due 2 weeks prior to first core course.*

*Must apply and show proof of 200 hour certification.*

Prices stated are for cash or check only.

Credit card payments subject to 4% transaction fee.

*\*Fees for The Art of Teaching Therapeutics, Tantra Hatha Yoga, Tias Little Anatomy Teacher Training and Master Teacher Electives are not included in the pre-pay option.*

## REFUNDS

Refunds are limited. Per course: \$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.

## FACULTY

Our master faculty are highly experienced teacher trainers; registered 500 E-RYT, the highest level recognized by Yoga Alliance; have 10-40 years of experience teaching yoga; and 8-35 years of experience training yoga teachers.

### Lori Gaspar, Director

Tricia Fiske

April Storms

Alison Larkin

Gabriel Halpern

Marinda Stopforth

Linda Troutman

Tias Little



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