

Tricia Fiske

Tantric Hatha Yoga Advanced Teacher Training

Meets over 2 weekends (24 hours total)

September 27-28, 2014 and

October 25-26, 2014

Saturday-Sunday, 11 a.m. - 6 p.m.

with one hour meal break

\$450 by Saturday, September 13, 2014;

\$550 thereafter

Prerequisite:

For those who have completed a 200 hour yoga teacher training. Counts as 24 hours toward Prairie Yoga 500 hour Advanced Yoga Teacher Training or CEUs for registered Yoga Alliance teachers.



HATHA YOGA is one of the four main traditions of tantra yoga. Tantric hatha yoga embraces the practice of asana, pranayama, kriya and meditation as a means to access our Spirit. Through our physical practice, we stoke our internal fire to channel prana and awaken the central channel. Unlike asceticism, in tantra, we use our body and mind to tap deeply into our creative source. When we honor that Source we discover that we already are what we are seeking. We empower our practice and we cultivate joy and contentment in our daily life.

In this 24 hour advanced yoga teacher training, we will explore:

- Tantric Philosophy, including dualism and non-dualism
- The historical progression of tantra, including the *Upanishads*, *The Bhagavad Gita*, *Yoga Sutras*, *Hatha Yoga Pradipika* and *Shiva Samhita*
- Tantra as a science
- Sri vidya and maha vidyas
- Five themes of teaching tantra
- Six gems of the practice
- Three modes of sequencing

Each class will include a yoga practice of asana, pranayama, kriya and meditation.

Required book: *The Four Desires* by Rod Stryker

TRICIA FISKE, 500 E-RYT, level 2 ParaYoga Instructor, has been a teacher since 1999. She is primary faculty for Prairie Yoga's Teacher Training programs. Tricia is a leader in the west suburban yoga community and has trained and influenced many teachers in the area. She has been studying with Rod Stryker since 2000 and was one of the first level 2 certified yoga teachers in the ParaYoga tradition.

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DATES & TIMES

Meets over 2 weekends:

September 27-28, 2014 and October 25-26, 2014

Saturday-Sunday, 11 a.m. - 6 p.m.

with one hour meal break

FEE

\$450 by Friday, September 12, 2014; \$550 thereafter

STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards (added 4% credit card transaction fee).

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ \$450 paid by Friday, September 12, 2014; _____ \$550 paid thereafter

REFUNDS & CREDITS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



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