



Registered 200 hour and 500 hour
Yoga Alliance School

PRAIRIE YOGA TEACHER TRAINING

Our training programs exceed
the standards established by Yoga Alliance

200 hour Foundation Program

September 2012- May 2013

LOCATION

Prairie Yoga

4701 Auvergne Avenue, Suite 104
Lisle, IL 60532

FOR MORE INFORMATION

www.prairiefyoga.org

(630) 968-3216

prairiefyoga@comcast.net

PRIMARY INSTRUCTOR

Lori Gaspar, 500 E-RYT

SCHEDULE

Teacher Training Classes

(26) Thursdays 11:00 am - 3:30 pm

September 27, 2012 - May 2, 2013

No class: 11/22,

12/13-12/27; 3/28, 4/11

**25 FREE yoga
classes at**

**Prairie Yoga are
included
with your tuition!**



TUITION*

**\$150 non-refundable,
non-transferable deposit** (applied to
your tuition) holds your spot until Aug. 30,
2012, when tuition is due (full payment or
first payment in payment plan).

\$2975 Early Price if paid by 8/30

\$3300 Regular Price if paid 8/31-9/13

\$3500 Late Price if paid 9/14-9/26

See reverse for details

ADDITIONAL REQUIRED EVENTS

Trainees must attend all three events, at an
additional charge (fees are not included in
the teacher training tuition).

Fundamentals of Yoga Anatomy with Marinda Stopforth

Friday - Sunday, October 12-14, 2012

\$250 by 9/14/12; \$300 thereafter

Nicolai Bachman: Cakras, Sanskrit and The Yoga Sutras Unraveled

Friday - Sunday Nov. 2-4, 2012

\$200 by 10/19/12, \$240 thereafter

Tias Little: Teacher Training, From the Ground Up

Friday - Sunday, April 12-14, 2013

\$425 by 3/15/13, \$500 thereafter

Schedule and requirements subject to change



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 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 14 hours of Fundamentals of Yoga Anatomy training with Marinda Stopforth plus 7 hours of non-contact anatomy workbook.*
- Attend 18 hours of Tias Little Teacher Training.*
- Attend 24 hours of elective master yoga teacher workshops.*
- Attend 12 hours of Sanskrit and yoga philosophy with Nicolai Bachman.*
- Observe and assist senior teachers: 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.

Self Practice

Trainees are expected to have a dedicated and consistent yoga practice at least 3 days per week.

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

For More Information

www.prairieyoga.org

(630) 968-3216

prairieyoga@comcast.net

REGISTRATION AND PAYMENT

- For more information, please call or e-mail us.
- To register, answer the application questions below and email to prairieyoga@comcast.net
 - Mail deposit check to Prairie Yoga or pay by credit card (3% service transaction fee added for credit card payments)
 - 25 FREE yoga classes at Prairie Yoga: Begins with your first training class and expires May 31, 2013. 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 \$50.00 fee.

_____ **\$150 non-refundable, non-transferable deposit** holds your spot until Aug. 30, 2012 when tuition is due (either full payment or the first payment in your payment plan). Deposit is credited toward tuition.

_____ \$2975 Early Price if paid in full by Aug. 30, 2012

_____ \$3300 Regular Price if paid in full Aug. 31-Sept. 13, 2012

_____ \$3500 Late Price if paid in full Sept. 14 - Sept. 26, 2012

_____ Payment plan available for additional \$150; contact Prairie Yoga for details

Refunds: Requests for refunds must be submitted in writing to the Director, Lori Gaspar. Refunds are limited. See Tuition Agreement on website for details.

Registration form

Name: _____

Billing Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

If paying by credit card (3% 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're required to read and sign an agreement which outlines the policies and certification requirements.

1. Name, Address

2. Phone: Home, Cell, Work

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 (Sept.-May in Lisle).