



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

One weekend per month for 9 months, Sat.-Sun. 11:30 a.m.-6 p.m.

### LOCATION

**Prairie Yoga**  
4701 Auvergne Avenue, Suite 104  
Lisle, IL 60532

### FOR MORE INFORMATION

**www.prairiefyogaTT.com**  
(630) 968-3216 prairiefyoga@comcast.net

### INSTRUCTOR

Tricia Fiske, 500 E-RYT

### SCHEDULE

#### Teacher Training Classes

Sat.-Sun. 11:30 a.m. - 6:00 p.m.

February 4-5

March 3-4

April 14-15

May 5-6

June 2-3

July 7-8

August 4-5

September 8-9

October 6-7

### TUITION\*

**\$150 non-refundable, non-transferable deposit** holds your spot until January 7, 2012

**\$2975** paid in full by January 7, 2012  
\$3300 thereafter

See reverse for details.

**25 FREE yoga classes at Prairie Yoga are included with your tuition!**

### ADDITIONAL REQUIRED EVENTS

Three required events are an additional charge and are not included in the teacher training tuition. All held at Prairie Yoga.

#### Marinda Stopforth: Fundamentals of Yoga Anatomy\*

Friday - Sunday, February 24-26, 2012  
\$250 by 1/27/12, \$300 thereafter

#### Tias Little: Teacher Training\*

Thursday - Sunday, April 19-22, 2012  
\$550 by 3/22/12, \$650 thereafter

#### Nicolai Bachman: Cakras, Sanskrit and The Yoga Sutras Unraveled\*

Friday - Sunday, November 16-18, 2012  
\$200 by 10/19/12, \$240 thereafter

\*Elective workshops, anatomy and philosophy training, props and books not included in fees.

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 24 hours of Tias Little Teacher Training.\*
- Attend 18 hours of elective master yoga teacher workshops.\*
- Attend 12 hours of Sanskrit and yoga philosophy with Nicolai Bachman.\*
- 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 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.prairieyogaTT.com](http://www.prairieyogaTT.com)

(630) 968-3216

[prairieyoga@comcast.net](mailto:prairieyoga@comcast.net)

# 200 hour Foundation Yoga Teacher Training Program

February - October 2012 in Lisle, IL

## REGISTRATION AND PAYMENT

- Answer the application questions below and email to [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net)
- Mail deposit check to Prairie Yoga or pay by credit card online (3% service transaction fee for credit card payments)
- 25 FREE yoga classes at Prairie Yoga: Begins with your first day of training and expires on December 21, 2012. 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 January 7, 2012** when tuition is due. (either full payment or the first payment in your payment plan) Deposit is credited toward tuition.

\_\_\_\_\_ **\$2975** paid in full by January 7, 2012.

\_\_\_\_\_ **\$3300** after January 7, 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 [www.prairieyogaTT.com](http://www.prairieyogaTT.com) for details.

## Registration form

Name:

\_\_\_\_\_

Billing Address:

\_\_\_\_\_

City/State/Zip:

\_\_\_\_\_

Phone:

Email:

\_\_\_\_\_

## APPLICATION

**Please respond and email to: [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net)**

(please include original question in response)

Upon acceptance, you are required to read and sign an agreement which outlines the policies and certification requirements.

1. Name, Address

2. Phone: Home, Cell, Work

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. Name the location of the program you are applying to.