



PRAIRIE YOGA TEACHER TRAINING

Part 1: Intermediate

Training is the first step. This 10-week bridge between your 200-hour yoga teacher training and Part 2: Advanced Training provides an in-depth, intermediate-level focus on asana, pranayama, sequencing and teaching skills.

Prerequisite: Open to teachers who have completed a 200-hour yoga teacher training program.

Course Description

- Refine your own practice. Fine-tune your understanding of alignment in asana and address specific issues that arise for you and your students. Establish a personal pranayama practice.
- 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. Refine alignment of intermediate-level poses.
- Study the Yoga Sutras with a big picture view and learn the essence of yoga as a system.
- Learn how to sequence for different categories of asana, to create energetic effects and how to use simple asana to prepare for complex asana.
- Clarify your teaching skills to demonstrate visually, cue clearly and adjust students manually to support your teaching.

Part 1: Intermediate Training can be taken without continuing into the Part 2: Advanced Training. The Intermediate Training qualifies for Continuing Education credits through Yoga Alliance.

Coursework Each weekly session involves practice, training and group discussion. Homework is minimal, typically 1-2 hours per week. Your full commitment and attendance is required, so please adjust your schedule accordingly.



4701 Auvergne Avenue, Suite 104
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www.prairieriyogaTT.com
www.prairieriyoga.org

500-hour Advanced Yoga Teacher Training



- A comprehensive plan for deep growth
- Enrich your own practice of asana, pranayama and meditation
- Expand your sequencing, teaching skills and ability to adapt yoga for all students
- Gain insight into classical yoga texts
- Discover your own unique teaching style

Part 2: Advanced Training

is for those interested in continuing the path to 500-hour certification. Further enhance your sequencing and teaching skills; immerse yourself in yoga philosophy; and learn how to adapt the practice to make yoga accessible for everyone.

Prerequisite: Part 1: Intermediate Training required. No exceptions.

Course Description: An advanced study of classical yoga designed to develop your own unique, contemporary teaching. Become an inspiring and effective teacher. Learn how to teach from the divine spark within your heart.

Topics

- Modify the practice for special populations and common health issues.
- Work with students therapeutically to aid their healing process and restore health.
- Experience and learn how to teach deep relaxation, yoga nidra, mindfulness and meditation.
- Develop your art of sequencing with intention and intelligence.
- Teach with deeper intentions through themes, linking and yogic concepts.
- Refine your verbal cues, visual demonstrations and manual adjustments
- Learn how to guide students into their energetic, psychological and intuitive bodies to help them access inner joy.
- Sharpen your ability to "see" your students, prioritize their needs and become more efficient and effective.
- Build a private practice, expand your career and embody ethical teaching.
- Apply principles of western and eastern anatomy and the subtle body.
- Understand ancient and modern yoga philosophy, yoga psychology and Ayurveda
- Study and discuss the Upanishads, Bhagavad Gita, Yoga Sutras and the Hatha Yoga Pradipika.

Coursework Advanced Training participation in and commitment to: weekly practice and training classes; group discussions; weekly homework (estimated 5+ hours per week); consistent personal practice; workshops with master teachers; apprentice in therapeutic use of yoga; videotaping of your teaching with review; culmination project to develop and teach your own specialty yoga topic.

BOOKS

Part 1: Intermediate Training

Manual included; no books are required.

Part 2: Advanced Training

Manual included; the following books are required:

Light on Life: The Yoga Journey to Wholeness, Inner Peace and Ultimate Freedom, by BKS Iyengar

Hatha Yoga Pradipika, by Swami Muktibodhananda

Light on Yoga, by BKS Iyengar

Light on Pranayama, by BKS Iyengar

The Yoga Sutras of Patanjali, translated by BKS Iyengar

The Bhagavad Gita, translated by Eknath Easwaran

The Upanishads, translated by Eknath Easwaran

The Hidden Secret of Ayurveda, by Dr. Robert E. Svoboda

Teaching Yoga, by Donna Farhi

500 HOUR CERTIFICATION

Upon satisfactory completion of the advanced training, trainees are certified as 500-hour yoga teachers and qualify to register as a 500 RYT with Yoga Alliance (with a minimum of 100 hours of yoga teaching experience).

Certification Requirements

Intermediate and Advanced Training, 325 hours total. Includes:

- Intermediate and Advanced Training classes: 180 hours
- Tias Little, Art of Mindfulness: 24 hours
- Gabriel Halpern, Art of Teaching Therapeutics: 12 hours
- Apprenticing in Therapeutics: 24 hours
- Teach 5 private lessons and write summary: 10 hours
- Final Culmination Project: 40 hours
- Master Teacher Electives: 30 hours
- Community Service/Karma Yoga: 5 hours

Attendance Requirements

Participation in all components of the program are valuable for your development as a teacher. Your full commitment and attendance is required. Repeated tardiness, absences or early departures are not acceptable and will impact your earning the 500-hour certification.



Registered Yoga School

SCHEDULE

Part 1: Intermediate Training

10-week course; required for Advanced Training
Tuesdays, 11 a.m. - 3:30 p.m.
September 20 - November 22, 2011

Part 2: Advanced Training

27-week course
Tuesdays, 11 a.m. - 4 p.m.
January 10 - May 29
(no class March 27 and May 15);
June 12, 12-3 p.m. Gita Satsung;
September 4 - October 23, 2012

Gabriel Halpern:

Apprenticing in Therapeutics

at Prairie Yoga, Lisle, IL
(6) Tuesdays, 11 a.m. - 3 p.m.
July 10 - August 14, 2012 (dates tentative)
Included in tuition; no additional fee

Additional Requirements*

Tias Little: The Art of Mindfulness

at Prairie Yoga, Lisle, IL
Thursday - Sunday, April 19-22, 2012
\$550 3/22, \$650 thereafter

Gabriel Halpern:

The Art of Teaching Therapeutics

at Prairie Yoga, Lisle, IL
Friday - Saturday, May 11-12, 2012
Friday, 1 - 8 p.m.; Saturday 11 a.m. - 6 p.m.
\$225 by 4/27, \$250 thereafter

Schedule and requirements subject to change.

FEES

\$150 non-refundable, non-transferable deposit holds your spot in each training and is applied toward your tuition payment.

Part 1: Intermediate Training

\$800 by August 19, 2011
\$925 thereafter

Part 2: Advanced Training

\$2700 by December 13, 2011
\$2900 thereafter

Special discount price if you register and pay for Part 1 and Part 2 at the same time

\$3300 for both programs if paid in full by August 19, 2011

25 FREE yoga classes at Prairie Yoga are included with your tuition when you enroll for this option. Please see website for details.

*Additional required and elective workshops, props and books are not included in fees. Payment plan available for an additional service fee of \$150.

3% transaction fee added for credit card payments.

Refunds are limited. See refund policy on website.

REGISTRATION

You must apply and be accepted into our training programs. Enrollment is limited, so you are encouraged to apply early.

Upon acceptance, mail your \$150 non-refundable, non-transferable deposit to Prairie Yoga. Your deposit will be applied to tuition.

Application

To apply, please e-mail your responses to the following questions to prairieryoga@comcast.net:

1. Name, address
2. Phone: home, cell, work
3. e-mail address
4. Emergency contact
5. Date of birth
6. When and where did you receive your 200-hour certification?
7. How long have you been teaching yoga? Are you teaching now?
8. Where? How many hours per week?
9. How would you describe your teaching style?
10. Do you have another job?
11. Have you continued your study of yoga after 200-hour certification?
12. Why are you interested in this training?
13. What do you hope to gain from this experience?
14. Describe your personal practice.
15. Describe your health history.
16. Describe your emotional and mental health. How is your health now; any injuries? List any medications.
17. List activities, interests and hobbies.
18. List the name of the program you are applying to (intermediate only or intermediate + advanced)

Mail a copy (or e-mail a PDF) of your 200 hour certificate to Prairie Yoga.

PAYMENT

Tuition is due by August 19, 2011 (either full payment or your first payment in your payment plan). If we do not receive payment by August 19, 2011, then your spot will be released for another trainee and your deposit will not be refunded.

Deposits are applied to your last tuition payment.

Please mail or drop off your payment to Prairie Yoga. If you are paying by credit card, you may call in your payment. Credit card payments are charged a 3% transaction fee.



Instructor

Lori Gaspar, BFA, MA, 500 E-RYT, is the Director of Prairie Yoga Teacher Training and has been training yoga teachers for nine years. Her dynamic, evolutionary teaching emphasizes alignment of the body, mind and spirit; mindfulness; and cultivating inner wisdom. Unfazed by the latest yoga craze, she guides students to look within to realize their dharma.



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