

250 HOUR FOUNDATION YOGA TEACHER TRAININGS



LOCATION

Prairie Yoga

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

(630) 968-3216

prairieryoga@comcast.net

www.prairieryoga.org

TUITION*

\$3500 paid in full one month prior to the first class;

\$3750 thereafter

\$150 additional fee for payment plans.

4.5% transaction fee added for credit card payments

Includes 10 free yoga classes!

TEACHER TRAINING CLASS SCHEDULES

See page 2

ADDITIONAL REQUIRED EVENTS

Trainees must attend both events

at an additional charge (fees are not included in the teacher training tuition).

Marinda Stopforth

FUNDAMENTALS OF YOGA ANATOMY

Options:

Weekend: Friday evening - Sunday

- September 28-30, 2018

- March 22-24, 2019

- September 20-22, 2019

\$300 due 3 weeks prior; \$350 thereafter

Tias Little/Ali Modell

PRAJNA YOGA ANATOMY AND WISDOM TRAINING

Friday evening - Sunday

- April 26-28, 2019

- April 24 -26, 2020

\$410 one month prior; \$460 thereafter

* Schedule & requirements subject to change

PRAIRIE YOGA 250 HOUR YOGA 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.

250 hour Foundation Yoga Teacher Training Schedule Options



THURSDAYS

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



WEEKENDS

with Tricia Fiske
One weekend per month for 9 months
Saturday - Sunday
10:30 am - 5:00 pm



SUMMER INTENSIVE

with Tricia Fiske
Thursday 11:00 am - 3:30 pm
Friday 11:00 am - 5:30 pm
And 2 weekends Saturday- Sunday
10:30 am - 5:45 pm



ALL-EMBRACING - FRIDAYS

with Linda Troutman
(26) Fridays
11:00 am - 3:30 pm
A gentle and modified approach to the physical postures.

THURSDAYS 2018-2019

September 20, 2018 - April 18, 2019
No class on, 11/8, 11/22, 12/20, 12/27, 3/28

Early price due by August 30, 2018

THURSDAYS 2019-2020

September 26, 2019 - April 23, 2020
No class on 10/31, 11/28, 12/19, 12/26, 3/26

Early price due by August 29, 2019

WEEKENDS IN 2019

February 2-3, 2019
March 2-3, 2019
April 6-7, 2019
May 4-5, 2019
June 1-2, 2019
July 6-7, 2019
August 3-4, 2019
September 7-8, 2019
October 5-6, 2019
November 2-3, 2019

Early price due by January 4, 2019

WEEKENDS IN 2020

February 1-2, 2020
March 7-8, 2020
April 4-5, 2020
May 2-3, 2020
June 6-7, 2020
July 11-12, 2020
August 1-2, 2020
September 12-13, 2020
October 3-4, 2020
November 7-8, 2020

Early price due by January 3, 2019

SUMMER INTENSIVE 2019

June 13-14, 2019
June 20-21, 2019
Sat-Sun, June 22-23, 2019
June 27-28, 2019
July 11-12, 2019
July 18-19, 2019
Sat-Sun, July 20-21, 2019
July 25-26, 2019
August 1-2, 2019
August 8-9, 2019

Early price due by May 10, 2019

SUMMER INTENSIVE 2020 TBD

June 11-12, 2020
June 18-19, 2020
Sat-Sun, June 20-21, 2020
June 25-26, 2020
July 9-10, 2020
July 16-17, 2020
Sat-Sun, J46, 2020
July 30-31, 2020
August 6-7, 2020

Early price due by May 8, 2020

ALL-EMBRACING is for those who prefer a gentle or modified approach to the physical postures. Learn the essence of the classical postures and how to adapt them to support your own personal practice and the individual abilities of others. This variation is ideal for those who:

- have health challenges
- prefer a gentler approach
- want to teach a modified yoga approach to others

With a special emphasis on making the physical postures more accessible, the overall content of the training is the same as our regular 200 hour program.

FRIDAYS 2018-2019

October 5, 2018 - May 17, 2019
No class on 11/9, 11/23, 12/21, 12/28, 1/25, 3/29, 4/26

Early price due by September 7, 2018

FRIDAYS 2019-2020

October 4, 2019 - April 24, 2020
No class on 11/29, 12/20, 12/27, 3/27
Early price due by September 6, 2019

Yoga Teacher Training Sampler Classes & Information Meetings

Thursday, August 16, 2018
with Reeny Linstrom

Thursday, August 15, 2019
with Reeny Linstrom

Saturday, December 8, 2018
with Tricia Fiske

Saturday, December 7, 2019
with Tricia Fiske

Friday, May 3, 2019
with Tricia Fiske

Friday, May 1, 2020
with Tricia Fiske

All-Embracing Yoga Teacher Training Sampler Classes & Information Meetings

Friday, August 24, 2018
with Linda Troutman

Friday, August 23, 2019
with Linda Troutman



PRAIRIE YOGA[®]
INSTITUTE

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APPLICATION

ADDITIONAL CERTIFICATION REQUIREMENTS

- Complete 15 hours of Fundamentals of Yoga Anatomy training with Marinda Stopforth plus 6 hours of non-contact anatomy workbook.*
- Attend 15 hours of Prajna Yoga Anatomy and Wisdom Training with either Tias Little or Ali Modell*
- Attend 15 hours of elective master yoga teacher workshops.*
- 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.

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

REGISTRATION AND PAYMENT

- To register, answer the application questions below and send via email to prairieyoga@comcast.net
- Include your \$100 application processing fee. You may also submit your application and pay the application fee online at: <http://prairieyoga.org/200-hour-registration>
- Upon acceptance, please contact us to arrange your tuition payment and to receive a copy of the trainee agreement.

10 FREE yoga studio classes are included with your tuition and 10% discount on workshops.

Begins with your first tuition payment and expires 3 months after your last training class. *No cash value. Non-transferable. Non-extendable.*

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

\$100 application processing fee

Non-refundable, except if you are not accepted.

Applied as credit toward workshops.

\$3500 if paid in full by one month prior to the first day of the class

\$3750 thereafter

Payment plan available for additional \$150; See 5 month payment plan option available on website within training description or call the studio.

Refunds: Requests for refunds must be submitted in writing to the Director, Lori Gaspar. Refunds are limited and are not available after the second day of teacher training class. See website/trainee agreement for details.

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____

Date: _____

APPLICATION

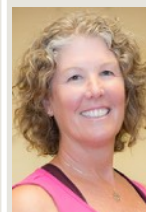
Please email responses to: prairieyoga@comcast.net (include original question in response). Upon acceptance, you will be sent an agreement which outlines the policies and certification requirements.

1. Name
2. Address
3. Primary Phone
4. E-mail address
5. Emergency Contact
6. Date of Birth
7. How long have you been practicing yoga? Please describe your personal yoga practice.
8. What yoga style or method have you practiced? Do you prefer a certain style?
9. Do you have a job? If so, please describe.
10. Are you teaching yoga now? Where? Approximately how many hours per week?
11. Why are you interested in this training? What do you hope to gain from this experience?
12. Have you studied yoga before? Where and with whom?
13. Please describe your health history.
14. Please describe your emotional and mental health.
15. How is your health now? Do you have any recent injuries? Please describe.
16. Are you currently taking any medications? Please describe.
17. List activities, hobbies, interests.
18. List anything interesting you would like us to know about you.
19. Identify the dates and location of the program you're applying to (For example: 200 TT Thursdays 2019, Lisle).

Primary Instructors



TRICIA FISKE, 500 E-RYT, has been a teacher since 1999 and primary faculty with Prairie Yoga for 11 years. Tricia is a leader in the Chicago western suburban yoga community and has trained and influenced many teachers in the area. She is one of the first Level 2 certified teachers in Rod Stryker's ParaYoga tradition.



REENY LINSTROM, 500 E-RYT, a former dancer, has been a passionate and dedicated practitioner of yoga for 20 years and a teacher since 2001. Reeny received her 500 hour yoga teaching certificate from Prairie Yoga in 2008 and has been a faculty member of Prairie Yoga Teacher Training for 11 years. She has studied extensively with Tias Little and Gabriel Halpern, with a special focus on therapeutics.



LINDA TROUTMAN, BS, Certified Yoga Therapist, 500 E-RYT, has practiced yoga for over 26 years and taught for 16 years. Linda is certified 500 hour by Prairie Yoga; a certified 1000 hour yoga therapist from Yoga North and International Soma Yoga Institute; earned a Certificate for Therapeutic Yoga for Seniors Professional Training from Duke Integrative Medicine; and is a Certified YogaKids® teacher.