

200 Hour Yoga Teacher Training Sampler Classes & Information Meetings

Thursday, August 16, 2018

Thursday, August 15, 2019

with *Reeny Linstrom*

Sampler Class: 11:00 am - 12:15 pm

FREE Information Meeting: 12:30 - 1:30 pm

Saturday, December 8, 2018

Saturday, December 7, 2019

with *Tricia Fiske*

Sampler Class: 1:00 - 2:15 pm

FREE Information Meeting: 2:30 - 3:30 pm

Friday, May 3, 2019

Friday, May 1, 2020

with *Tricia Fiske*

Sampler Class: 6:00 - 7:15 pm

FREE Information Meeting: 7:30 - 8:30 pm

ALL-EMBRACING

Friday, August 24, 2018

Friday, August 23, 2019

with *Linda Troutman*

Sampler Class: 10:30 - 11:45 am

FREE Information Meeting:

12:00-1:00 pm

All-Embracing is a variation of our 200 Hour Yoga Teacher Training for those who prefer a gentle or modified approach to the physical postures.

Sampler Class \$22 (or use your class package or membership)

Join us for a yoga intensive aimed at helping you evolve from within. Set your intention to infuse your life with positive change. By releasing old patterns, we create space to reveal our essence and to realize the power that is always within us. Prairie Yoga's teaching places a special emphasis on aligning the mind, body and spirit to develop deep wisdom and mindfulness.

FREE Information Meeting

Learn more about the 200 Hour Prairie Yoga Teacher Training program and meet the instructor. We will discuss the content and format of the training, review the certification requirements and answer your questions. You can review a copy of the Teacher Training Manual.

INSTRUCTORS



REENY LINSTROM
500 E-RYT

Reeny 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.



TRICIA FISKE
500 E-RYT

Tricia 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.



LINDA TROUTMAN
CERTIFIED YOGA THERAPIST,
500 E-RYT

Linda 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.

200 Hour Yoga Teacher Training Sampler Class & FREE Information Meetings

Date/Time	Instructor
<input type="checkbox"/> Thursday, August 16, 2018 Sampler Class: 11:00 am - 12:15 pm FREE Information Meeting: 12:30 - 1:30 pm	Reeny Linstrom
<input type="checkbox"/> Friday, August 24, 2018 (All-Embracing) Sampler Class: 10:30 - 11:45 am FREE Information Meeting: 12:00-1:00 pm	Linda Troutman
<input type="checkbox"/> Saturday, December 8, 2018 Sampler Class: 1:00 - 2:15 pm FREE Information Meeting: 2:30 - 3:30 pm	Tricia Fiske
<input type="checkbox"/> Friday, May 3, 2019 Sampler Class: 6:00-7:15 pm FREE Information Meeting: 7:30 - 8:30 pm	Tricia Fiske
<input type="checkbox"/> Thursday, August 15, 2019 Sampler Class: 11:00 am - 12:15 pm FREE Information Meeting: 12:30 - 1:30 pm	Reeny Linstrom
<input type="checkbox"/> Friday, August 23, 2019 (All-Embracing) Sampler Class: 10:30 - 11:45 am FREE Information Meeting: 12:00-1:00 pm	Linda Troutman
<input type="checkbox"/> Saturday, December 7, 2019 Sampler Class: 1:00 - 2:15 pm FREE Information Meeting: 2:30 - 3:30 pm	Tricia Fiske
<input type="checkbox"/> Friday, May 1, 2020 Sampler Class: 6:00-7:15 pm FREE Information Meeting: 7:30 - 8:30 pm	Tricia Fiske

\$22 included for sampler class checked above. Includes free information meeting.

I am only attending the free information meeting checked above.

STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

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

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____ Date: _____

REFUNDS

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.