



250 HOUR YOGA FOR MENTAL HEALTH TEACHER TRAINING

WEEKENDS IN SEPTEMBER 2026 - MAY 2027

The 250 hour Yoga for Mental Health Teacher Training will deepen your own personal practice, enrich your understanding of all 8 limbs of yoga and give you the skills to teach yoga to others. Learn how yoga can help with stress, anxiety, depression and other mental health issues and how it can reduce symptoms and promote well-being.

LOCATION

Fearless Living Yoga & Wellness, LLC
109 E Wilson St
Batavia, IL 60510

SCHEDULE

Saturday - Sunday, 9 am - 4 pm

(one hour lunch break each day)

September 12-13, 2026

October 10-11, 2026

November 14-15, 2026

December 12-13, 2026

January 9-10, 2027

February 13-14, 2027

March 13-14, 2027

April 3-4, 2027

May 1-2, 2027

May 15-16, 2027

*Make Up Weekends Available

INSTRUCTORS

TRICIA FISKE, E-RYT 500, YAACP, Level 3 Tantra Yoga Alchemy Instructor

APRIL WALDROP, E-RYT 500, Yoga Therapist

JAMIE KRUSE, LCSW, RYT 250

CHARDYCE KOTT, LCSW, RYT 250

TUITION*

\$4250 regular price

\$3950 early price if paid in full by Friday, August 31, 2026

*4.5% transaction fee added for credit card payments. Payment plan available. See Registration and Payment.

REQUIRED COURSE*

Comprehensive Yoga Anatomy Online Training with David Keil (currently \$295)

*Anatomy course fee is not included in the teacher training tuition

MAXIMUM STUDENTS: 15

Schedule and requirements subject to change

In this specialized program, you will learn how to apply the tools of yoga to support mental health.

LEARN THE INTERPLAY OF YOGA AND MENTAL:

- All eight limbs of yoga in your practice and teaching
- Pranayama (breathwork) to address common conditions (anxiety, stress, depression, etc)
- Understand the energetic and emotional effects of asanas, pranayama, and meditation
- How physical movement helps process and release emotional and mental stress
- Matching meditation practices for mental health concerns
- Trauma-Informed yoga practices
- Practical integration of concepts for your professional work
- Sequence to emphasize different energetic effects, themes, and intentions
- Apply key alignment principles
- Introduce sound based yoga practices such as mantras and chanting
- Train the mood to become still, develop self-awareness, increase mental clarity, and decrease emotional reactivity
- Understand the key muscles of yoga and the subtle body
- Integrate intelligent use of vinyasa (breath-synchronized movement)
- Refine your teaching and demonstration skills to provide very clear and specific direction

Additionally, learn the ethics of yoga, financial agreements and insurance.

WHO IS THIS TRAINING FOR?

The specialized training is geared toward mental health professionals and anyone else interested in yoga to support optimal mental health.

CONTINUING EDUCATION FOR MENTAL HEALTH PROFESSIONALS

This specialized Yoga for Mental Health Teacher Training has applied for continuing education units with the Illinois Department of Financial and Professional Regulation (IDFPR) and the National Association of Social Workers (NASW). Approval is pending.

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From left to right: Chardyce Kott, Amy Hogan, April Waldrop, Tricia Fiske, Jamie Kruse

LEAD INSTRUCTOR

TRICIA FISKE, E-RYT 500, YAACP, Level 3 Tantra Yoga

Alchemy Instructor, has been a teacher since 1999. She is primary faculty for Prairie Yoga's Teacher Training programs. Tricia is a leader in the west suburban yoga community and continues to train and influence yoga teachers in the area. She has studied with Tantra Yoga Alchemy founder Rod Stryker since 2000.

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 awareness and control to increase your vitality)
- Pratyahara (internalizing the senses to reduce external distractions)
- Dharana (developing concentration and focus)
- Dhyana (sustaining our focus toward meditation)
- Samadhi (Oneness)

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 and connected to others and the world we live in.

For questions regarding registration:

April Waldrop
630-815-1400
awaldrop07@icloud.com

ADDITIONAL CERTIFICATION REQUIREMENTS*

- Complete minimum of 30 hours of yoga anatomy online*
- Observe and assist a senior teacher, 15 hours
- Complete all homework assignments (approximately 3 hours per week)
- Read 2 books from the supplemental book list and write a 1-2-page review for each
- Teach a free yoga class to a non-profit (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 not included in tuition.*

BOOK REQUIREMENTS

Yoga Teacher Training Manual included

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
- *From Alignment to Enlightenment Using Props to Achieve Stability and Ease in Yoga Poses* by Tricia Fiske and Marianne Cirone

Required Supplemental Reading (Select any 2 out of 4 books listed)

- *Moving Inward: The Journey to Meditation* by Rolf Sovik
- *The Body Keeps the Score* by Bessel van der Kolk
- *Yoga & Psychotherapy* by Rudolph Ballentine, Swami Ajaya, and Swami Rama
- *Peace is Every Step* by Thich Nhat Hanh
- *Or a Yoga & Mental Health book of your choosing with approval*

REGISTRATION AND PAYMENT

- To register, submit the application at: <https://prairieyoga.org/250-hour-registration>
- Upon application approval, pay the non-refundable \$500 deposit within 10 days to reserve your spot. The deposit will be applied toward your tuition.
- 4.5% transaction fee added to all credit card payments.
- To avoid the credit card transaction fees, you may pay by check made payable to Prairie Yoga. Returned checks subject to \$50 fee.
- Auto-pay Monthly Payment Plan Option: After the \$500 non-refundable deposit is collected, remaining tuition is auto-paid by credit card in 6 consecutive monthly payments @ \$679.25 each. Deposit and first auto-payment must be paid before the first training class. Payment Plan includes the 4.5% credit card transaction fee and \$150 finance fee.

REFUNDS

Requests for refunds must be submitted in writing to Lori Gaspar at: prairieyoga@comcast.net. Refunds are limited. See details at: <https://prairieyoga.org/refunds-for-teacher-training>