

## 250 HOUR FOUNDATION YOGA TEACHER TRAININGS



### LOCATION

#### Prairie Yoga

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532  
(630) 968-3216

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

[www.prairieryoga.org](http://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 required 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

- March 22-24, 2019

- September 20-22, 2019

- March 27-29, 2020

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

Required Coursebook: *Anatomy and Yoga: A Guide for Teachers and Students* by Ellen Saltonstall

#### Tias Little

##### PRAJNA YOGA WORKSHOPS (12 hours required)

*Options: 18 hours of workshops are available per weekend*

*- you must attend at least 12 hours*

Friday - Sunday

- April 26-28, 2019

- April 24-26, 2020

\$320 one month prior; \$360 thereafter

(fee for 12 hours of workshops)

#### Nicolai Bachman

##### YOGA PHILOSOPHY TRAINING

*Options:*

Friday evening - Sunday

- November 1-3, 2019

- November 6-8, 2020

\$300 one month prior; \$345 thereafter

\* Fees, 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.

# Schedule Options



## THURSDAYS

with Reeny Linstrom/Rebecca Stiles

(26) Thursdays

11:00 am - 3:30 pm

### THURSDAYS 2019-2020

September 26, 2019 - April 30, 2020

No class on 10/31, 11/28, 12/19, 12/26, 3/26, 4/23

Early price due by August 29, 2019

### THURSDAYS 2020-2021

September 24, 2020 - April 22, 2021

No class on 11/26, 12/17, 12/24, 12/31, 3/25

Early price due by August 27, 2020



## WEEKENDS

with Tricia Fiske

One weekend per month for 9 months

Saturday - Sunday

10:30 am - 5:00 pm

### 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

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

Early price due by January 3, 2019



## SUMMER INTENSIVE

with Tricia Fiske

Thursdays 11:00 am - 5:00 pm

Fridays 11:00 am - 5:00 pm

One weekend Saturday - Sunday

10:30 am - 5:30 pm

plus one Saturday 10:30 am - 5:30 pm

### 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

July 25-26, 2019

Saturday, July 27, 2019

August 1-2, 2019

August 8-9, 2019

Early price due by May 10, 2019

### SUMMER INTENSIVE 2020

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

July 23-24, 2020

Saturday July 25, 2020

July 30-31, 2020

August 6-7, 2020

Early price due by May 8, 2020

## 250 Hour Yoga Teacher Training Sampler Classes & Information Meetings

One of the best ways to learn more about our 250 Hour Yoga Teacher Training programs is to attend our Sampler Class and Information Meeting. In the class, you'll get a taste of what a teacher training yoga practice is like. In the information meeting afterwards, you can meet the teacher, review the requirements for certification, meet others who have taken the training before, and have an opportunity to ask any questions you may have.

### Saturday, December 8, 2018

with Tricia Fiske

Sampler Class 1:00 - 2:15 pm

Information Meeting 2:30 - 3:30 pm

### Friday, May 3, 2019

with Tricia Fiske

Sampler Class 6:00 - 7:15 pm

Information Meeting 7:30 - 8:30 pm

### Thursday, August 15, 2019

with Reeny Linstrom/Rebecca Stiles

Sampler Class 11:00 am - 12:15 pm

Information Meeting 12:30 - 1:30 pm

### Saturday, December 7, 2019

with Tricia Fiske

Sampler Class 1:00 - 2:15 pm

Information Meeting 2:30 - 3:30 pm

### Friday, May 1, 2020

with Tricia Fiske

Sampler Class 6:00 - 7:15 pm

Information Meeting 7:30 - 8:30 pm

### Thursday, August 13, 2020

with Reeny Linstrom/Rebecca Stiles

Sampler Class 11:00 am - 12:15 pm

Information Meeting 12:30 - 1:30 pm



**PRAIRIE YOGA**<sup>®</sup>  
INSTITUTE

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532  
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## APPLICATION

### ADDITIONAL CERTIFICATION REQUIREMENTS\*

- Complete 15 hours of Fundamentals of Yoga Anatomy training with Marinda Stopforth at Prairie Yoga plus 6 hours of non-contact anatomy workbook.\*
- Attend 12 hours of Tias Little workshops at Prairie Yoga\*
- Attend 12 hours of Sanskrit and yoga philosophy with Nicolai Bachman at Prairie Yoga.\*
- Attend 15 hours of elective master yoga teacher workshops at Prairie Yoga.\*
- Observe and assist a senior teacher: 15 hours.
- Complete all homework assignments (approximately 3-5 hours per week).
- Teach 2 community classes at Prairie Yoga.
- 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

*Anatomy and Yoga: A Guide for Teachers and Students* by Ellen Saltonstall

#### 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](mailto: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

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

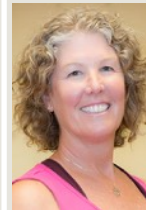
**Please email responses to: [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net)** (include original question in response). Upon acceptance, you will be sent an agreement which outlines the policies and certification requirements.

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: 250 TT Thursdays 2019, Lisle).

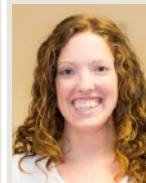
## Primary Instructors



**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.



**REBECCA STILES, 500 CYT**, teaches yoga classes that blend traditional yoga with inspiration from other movement modalities to create a practice focused on strength, mobility and the mind-body connection. Fascinated by anatomy and physiology, in college she pursued a degree in nutrition, receiving her RD and working for many years as a dietitian. After leaving her career as an RD to spend more time with her two sons, she chose to channel her passion for health and wellness into teaching yoga. She received both her 250 hour and 500 hour certifications through Prairie Yoga and is a co-teacher in the 250 hour teacher training program.