



## 250 HOUR FOUNDATION YOGA TEACHER TRAININGS



### LOCATION

#### Prairie Yoga

4701 Auvergne Avenue, Suite 203, Lisle, IL 60532

(630) 968-3216

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

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

### TUITION\*

**\$3500 early price paid in full.** See due dates under schedule options on next page;

\$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

We offer two schedule options per year; Thursdays and Weekends. See specific dates and options on page 2.

### ADDITIONAL REQUIRED COURSE FOR CERTIFICATION\*

#### Marinda Stopforth

#### FUNDAMENTALS OF YOGA ANATOMY

*Meets over 2 weekends*

September 17-18, 2022 and October 29-30, 2022

Saturday- Sunday, 10:30 am - 5:00 pm

*with half hour lunch break*

(Includes 30 total hours: 25 contact hours + 5 hours self-paced online)

\$525 due by Thursday September 1, 2022;

\$575 thereafter

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

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

**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.

*Fees, schedule & requirements subject to change*

# Schedule Options



## THURSDAYS In-person training

### THURSDAYS FALL 2022- SPRING 2023

with Tricia Fiske

(26) weekday classes

Thursdays, 11:00 am - 3:30 pm

September 22, 2022 - April 20, 2023

No class on 11/24, 12/15 - 12/29, 3/30

Early price due by August 25, 2022



## WEEKENDS In-person training

### WEEKENDS IN 2022

with Tricia Fiske

One weekend per month for 9 months

Saturday - Sunday, 10:30 am - 5:00 pm

February 5-6

March 5-6

April 2-3

May 7-8

June 4-5

July 9-10

August 6-7

August 27-28

September 10-11

Early price due by Wednesday, January 12, 2022

## 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 11, 2021

with Tricia Fiske

Sampler Class 11:00 am - 12:15 pm

Information Meeting 12:30 - 1:30 pm

### Thursday, August 11, 2022

with Tricia Fiske

Sampler Class 11:00 am - 12:15 pm

Information Meeting 12:30 - 1:30 pm



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

4701 Auvergne Avenue, Suite 203, Lisle, IL 60532  
(630) 968-3216 / [prairieryoga@comcast.net](mailto:prairieryoga@comcast.net)

## APPLICATION

### CERTIFICATION REQUIREMENTS\*

- Attend the primary teacher training (117 contact hours)
- Attend 10 studio yoga classes at Prairie Yoga either in-person or via Zoom. (class fees included in tuition)
- Complete 30 hours of Fundamentals of Yoga Anatomy training with Marinda Stopforth at Prairie Yoga\*
- Attend 15 hours of elective workshops hosted online or in-person at Prairie.\*
- Observe and assist a senior teacher: 15 hours.
- Complete all homework assignments (approximately 3 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

[\*From Alignment to Enlightenment Using\*](#)

[\*Props to Achieve Stability and Ease in Yoga\*](#)

[\*Poses\*](#) by Tricia Fiske and Marianne Cirone

*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 [prairieryoga@comcast.net](mailto:prairieryoga@comcast.net)
- Include your \$50 application processing fee. You may also submit your application and pay the application fee online at: <http://prairieryoga.org/200-hour-registration>
- Upon acceptance, please contact us at [prairieryoga@comcast.net](mailto:prairieryoga@comcast.net) or (630) 968-3216 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.*

#### \_\_\_\_\_ \$50 application processing fee

Non-refundable, except if you are not accepted.

#### \_\_\_\_\_ \$3500 early price due date designated under schedule options

\_\_\_\_\_ \$3750 thereafter

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

**Refund Policy:** Requests for refunds must be submitted in writing to the Director, Lori Gaspar at [prairieryoga@comcast.net](mailto:prairieryoga@comcast.net).

- Fourteen or more calendar days before the first training class\*, your tuition will be refunded minus \$250.
- Less than fourteen calendar days and/or on the day of the first training class\*, your tuition will be refunded minus \$500.
- On the day of the second training class\*, your tuition will be refunded minus \$750.
- No refunds are available after the second training class\*.
- If you are on a payment plan and withdraw from the course and do not qualify for a refund, you are required to continue making payments until the tuition has been paid in full and will not receive a refund.
- If you withdraw from the training and qualify for a refund, you will be charged a \$25 drop-in fee for each studio yoga class used from the 10-pack and the remaining classes in the 10- pack will be cancelled.
- Credit card transaction fees are not refundable.
- All refunds shall be returned to student within 30 days.
- Student must return the teacher training manual in good condition to receive refund.

\*training class = each calendar day when the training meets

### APPLICATION

Please email responses to [prairieryoga@comcast.net](mailto:prairieryoga@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 Weekends 2022, Lisle).

## Primary Instructor



**TRICIA FISKE, 500 E-RYT,** has been a teacher since 1999 and primary faculty with Prairie Yoga for 13 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 3 certified teachers in Rod Stryker's ParaYoga tradition. Tricia is the co-author of the book [\*From Alignment to Enlightenment Using Props to Achieve Stability and Ease in Yoga Poses\*](#)

## Anatomy Instructor



**MARINDA STOPFORTH, 500 CYT,** is a life-long student of yoga, a graduate of Prairie Yoga and a former occupational therapist. Her teaching style is influenced by many years studying with influential Iyengar teachers such as Kathleen Wright, Gabriel Halpern and Ramanand Patel. Marinda presents the wisdom of the "mind-heart-body" connection and offers students a deep understanding of anatomy, biomechanics and alignment. She explores the application of yoga as a therapeutic tool. She is a residential trainer in the study of consciousness for The Monroe Institute in VA, with her husband, Bob, and is a certified 1:1 Provider for the Institute of HartMath, CA. She is also certified in aromatherapy, reflexology and is a Reiki Master Teacher. Marinda's motto: "*When one person teaches, two people learn.*"