

# Advanced Yoga Teacher Training 500 Hour Certification



Yoga Alliance  
Registered Yoga  
School  
since 2006

We offer a flexible, comprehensive program designed to strengthen, expand and refine your teaching and sequencing skills. Study yoga philosophy and energetics in-depth and develop expertise in adaptation and therapeutic yoga. Those who pursue the full 500 hour certification become specialized and highly skilled yoga teachers who can make a living teaching private lessons, specialized classes and focused workshops to a wide variety of students.

**Prerequisite:** Completion of a 200 hour yoga teacher training

**The primary coursework is presented in 4 modules that can be taken in any order.**

All courses may be taken as continuing education without pursuing certification.

GREAT  
TEACHERS  
NEVER STOP  
LEARNING

## Teaching Skills, Sequencing and The Teacher/Student Relationship 45 hours



- Refine your understanding of alignment in intermediate asana.
- Train your eyes to see and your body to feel unhealthy habitual patterns and then learn how to guide yourself and your students into healthy movements.
- Develop your art of sequencing with intention and intelligence. Create class themes and establish energetic intentions. Refine your ability to link a yogic concept throughout a class and learn how to teach with deeper intentions.
- Clarify your teaching skills and become more effective in your visual demonstrations, verbal instruction and hands-on adjustments.
- Develop healthy teacher-student relationships and uphold the ethics of teaching yoga.

### Schedule Options:

#### Weekends 2019 with Marinda Stopforth

(4) Weekends in Summer 2019: Saturday - Sunday, 12:00 - 5:35 pm  
June 8-9 / July 13-14 / August 10-11 / August 24-25, 2019

#### Tuesdays 2019 with Marinda Stopforth

(10) Tuesdays in Fall 2019: 11:00 am - 3:30 pm  
September 10 - Nov 12, 2019

## Energetics, Pranayama and Ayurveda 45 hours



- Enhance your understanding of the energetic, psychological and subtle bodies, with a special focus on the prana vayus, primary nadis, chakras, and earth elements so that your teaching penetrates deeper layers of being.
- Experience and learn how to teach deep relaxation and yoga nidra. This includes the use of props to support the body and facilitate deep relaxation.
- Expand your knowledge, deepen your personal practice and refine your teaching of pranayama.
- Establish a daily and seasonal routine based upon the principles of Ayurveda.

### Schedule Options:

#### Tuesdays 2018 with Tricia Fiske and Alison Larkin

(10) Tuesdays in Fall 2018: 11:00 am - 3:30 pm  
September 11 - November 27, 2018 (no class Sept. 25 and Nov. 6)

#### Weekends 2019 with Tricia Fiske and Alison Larkin

(4) Weekends in Fall 2019: Saturday - Sunday, 12:00 - 5:35 pm  
Sept 14-15 / Oct 12-13 / Nov 9-10 / Dec 14-15, 2019

#### Tuesdays 2020 with Tricia Fiske and Alison Larkin

(10) Tuesdays in Winter 2020: 11:00 am - 3:30 pm  
January 14 - Mar 17, 2020

## Yoga Philosophy, Yoga History and Meditation 36 hours



- Plunge deep into key concepts and readings in classical yoga philosophy, including Patanjali's Yoga Sutras, The Bhagavad Gita, The Hatha Yoga Pradipika and the primary Upanishads.
- Understand the principles of yoga psychology, koshas and Samkhya philosophy.
- Learn the history of yoga and how it relates to modern teaching.
- Explore a variety of meditation techniques and learn how to teach meditation effectively in a yoga class.
- This module includes extensive reading homework with study guides - please allow extra time in your schedule.

### Schedule Options:

#### Weekends 2018 with Marinda Stopforth

(4) Weekends in Fall 2018: Saturday - Sunday, 12:00 - 4:30 pm  
September 15-16 / Oct 13-14 / Nov 3-4 / Dec 8-9, 2018

#### Tuesdays 2019 with Marinda Stopforth

(8) Tuesdays in Winter 2019: 11:00 am - 3:30 pm  
January 8 - February 26, 2019

#### Weekends 2020 with Marinda Stopforth

(4) Weekends in Winter 2020: Saturday - Sunday, 12:00 - 4:30 pm  
January 11-12 / February 8-9 / March 14-15 / April 18-19, 2020

#### Tuesdays 2020 with Lori Gaspar

(8) Tuesdays in Spring/Summer 2020: 11:00 am - 3:30 pm  
May 5 - June 30, 2020 (no class May 26, 2020)

## Adaptation: Common Conditions and Special Populations 54 hours



- Learn how to adapt and modify the practice for a wide variety of students and different health conditions such as low back and hip issues, seniors, cancer, scoliosis, depression, anxiety, pregnancy and more.
- Build a private practice, become a specialized workshop presenter and expand your teaching career.
- If you did not take your 200 hour training with Prairie Yoga, it is highly recommended (but not required) to take the Teaching Skills module prior to taking the Adaptation module.

### Schedule Options:

#### Weekends 2019 with Linda Troutman

(5) Weekends in Winter 2019: Saturday - Sunday, 12:00 - 5:25 pm  
Jan 12-13 / Feb 9-10 / Mar 9-10 / Apr 13-14 / May 11-12, 2019

#### Tuesdays 2019 with Linda Troutman

(12) Tuesdays in Spring/Summer 2019: 11:00 am - 3:30 pm  
April 2 - June 18, 2019

#### Weekends 2020 with Linda Troutman

(5) Weekends in Summer/Fall 2020: Saturday - Sunday, 12:00 - 5:25 pm  
Aug 8-9 / Sept 19-20 / Oct 10-11 / Nov 14-15 / Dec 12-13, 2020

#### Tuesdays 2020 with Linda Troutman

(12) Tuesdays in Fall 2020: 11:00 am - 3:30 pm  
September 15 - December 1, 2020

# Advanced Yoga Teacher Training/500 Hour Certification

## PROGRAM STRUCTURE

The core courses of the training are offered in modules which can be taken in any order. Additional required and elective courses are outlined below. All courses may be taken without pursuing a certificate.

## PROGRAM REQUIREMENTS

### 4 Core Course Modules

#### Advanced Anatomy

#### The Art of Teaching Therapeutics

#### Elective Courses

#### Additional Requirements for Certification

## PREREQUISITE

Participants may register for their first course module at any time after completing a 200 hour yoga teacher training

## 500 HOUR CERTIFICATION

- All certification requirements must be completed by December 18, 2020.
- Submit the Advanced Training application at [prairieyoga.org](http://prairieyoga.org) for approval to follow the full coursework toward 500 hour certification.
- You are required to review and sign the trainee agreement provided.
- We will provide you with a checklist to keep track of your courses and requirements as you go through the program. The teacher of each course must confirm that you "passed" with 90% and above attendance and your full and active participation in the course.
- You will be assigned an advisor for guidance on your requirements.

**ADVANCED ANATOMY** with Marinda Stopforth (24 contact hours) \$475

**THE ART OF TEACHING THERAPEUTICS** with Linda Troutman

(12 contact hours) \$275

## ELECTIVE COURSES

**Choose 2 out of the 3 options, totaling 48 contact hours:**

- Tantric Hatha Yoga Advanced Training (1st two weekends of ParaYoga Master Training Tantra Shakti) with Tricia Fiske (24 hours) \$475
- Therapeutics Apprenticeship with Linda Troutman (24 hours) free
- Elective Workshops at Prairie Yoga (totaling 24 hours) cost varies.

You may begin taking elective courses upon your acceptance into the Advanced Training.

## ADDITIONAL REQUIREMENTS

**Complete all homework assignments and pass any quizzes** provided in each core course module.

**3 hours of community service** donating your time to a cause you support.

**Certification Bundle of 3 items below:** \$275

- Video Review: Teach with a group of your peers and receive feedback - (6 contact hours)
- Final Culmination Teaching Project: Research, develop, market and teach 9 hours of a specialty yoga topic of your own interest as approved by the Director (40 non-contact hours)
- Teach 5 private lessons and write 1-2 page overview of each (10 non-contact hours)

## Teaching Skills, Sequencing and The Teacher/Student Relationship

**45 hours / \$945 early price 4 weeks prior, \$1040 thereafter**

**Required Book:** (purchase on your own)

- *Theme Weaver* by Michelle Berman Marchildon
- The yoga teacher training manual is included in your tuition

## Energetics, Pranayama and Ayurveda

**45 hours / \$945 early price 4 weeks prior, \$1040 thereafter**

**Required Books:** (purchase on your own)

- *Light on Pranayama* by B.K.S. Iyengar
- *Hatha Yoga Pradipika* by Swami Muktibodhananda
- *The Hidden Secret of Ayurveda* by Dr. Robert E. Svoboda
- The yoga teacher training manual is included in your tuition

## Yoga Philosophy, Yoga History and Meditation

**36 hours / \$755 early price 4 weeks prior, \$830 thereafter**

**Required Books:** (purchase on your own)

- *Light on Life* by B.K.S. Iyengar
- *Hatha Yoga Pradipika* by Swami Muktibodhananda
- *The Yoga Sutras of Patanjali*, any translation you prefer  
Edwin Bryant is recommended.
- *The Bhagavad Gita translated* by Eknath Easwaran
- *The Upanishads translated* by Eknath Easwaran
- The yoga teacher training manual is included in your tuition

## Adaptation: Common Conditions and Special Populations

**54 hours / \$1135 early price 4 weeks prior, \$1250 thereafter**

**Required Books:**

- The yoga teacher training manual is included in your tuition

**You have the option to pay for each item separately as you go or pre-pay for all 4 core courses + certification bundle = \$3700\* (save \$355).**

**Pre-payment option is due 4 weeks prior to first core course module.**

**Please register in your 4 modules with payment.**

Prices stated are for cash or check only.

Credit card and online payments subject to 4.5% transaction fee.

Payment plans are available on the website within the description of each module.

*\*Fees for Required and Elective Workshops are not included in the pre-pay option.*

## REFUNDS

**Refunds are limited.** Per core course module: \$100 administrative fee for refunds one month before first class. \$200 fee for refunds less than one month before first class. \$300 fee for refund requests on first day of class. No refunds after first class. See trainee agreement for more details.

## FACULTY

Lori Gaspar, BFA, MA, C-IAYT, E-RYT 500 / Marinda Stopforth, OTR, 500 E-RYT  
Tricia Fiske, BA, 500 E-RYT / Linda Troutman, BS, C-IAYT, E-RYT 500  
Alison Larkin, BSN, Certified Ayurvedic Practitioner, 500 CYT

*Schedule, faculty and requirements subject to change.*

## COURSE COMPLETION FINAL DUE DATE FOR ALL TRAINEES

All contact hours for certification must be completed by December 18, 2020. All non-contact certification requirements must be completed by August 31, 2021.

