

Advanced Yoga Teacher Training

300 Hour Advanced Yoga Teacher Training
500 Hour Certification Awarded Upon Completion

Includes 270 contact hours + 50 non-contact hours + homework

Weekends 2022- 2023
Meets one weekend per
month for 18 months!

We offer a 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. Become a specialized and highly skilled yoga teacher who can make a living teaching private lessons, specialized classes and focused workshops to a wide variety of students.

Prerequisite: 200 hour yoga teacher training



Teaching Skills, Sequencing and The Teacher/ Student Relationship	Energetics, Pranayama and Ayurveda	Yoga Philosophy, Yoga History and Meditation	Adaptation: Common Conditions and Special Populations	The Art of Teaching Therapeutics	<i>Elective Options</i> ParaYoga Master Training Yoga for Strength and Stability® Yoga Therapeutics Apprenticeship			
								
<ul style="list-style-type: none"> Refine your understanding of alignment in intermediate asana. Train your eyes to see and 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 to teach with deeper intentions. Clarify your teaching skills and become more effective in your visual demonstrations, verbal instruction and hands-on adjustments. Provide an opportunity for supportive feedback on your teaching skills. Develop healthy teacher-student relationships and uphold the ethics of teaching yoga. 	<ul style="list-style-type: none"> Enhance your understanding of the energetics, 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. 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. 	<ul style="list-style-type: none"> Plunge deep into key concepts and readings in classical yoga philosophy. 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. 	<ul style="list-style-type: none"> 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. 	<p>In the normal course of life, it is inevitable that people get unexpected and unwanted initiations into a variety of bodily ailments. It is imperative for any skilled yoga teacher to be able to guide their student when these health problems, whether acute or chronic, show up. We explore:</p> <ul style="list-style-type: none"> Awareness of the breath and centering Yoga asana applications Therapeutic adaptations to address limitations or concerns Techniques to reduce stress and increase relaxation <p>Special focus on feet, posture and balance, knees, hips and low back, shoulders and neck, and restorative. We will include the fundamentals of how to sequence classes to</p>	<p>ParaYoga is a living link to the ancient traditions of yoga and tantra. Its unique, systematic study and experience-based curriculum leads you to Yoga's true life-affirming potential. It emphasizes knowledge and accessibility so that students and teachers of all levels—and society as a whole—are uplifted by yoga and tantra's time-tested practices, leading to ultimate fulfillment and freedom.</p> <p>Yoga For Strength and Stability® incorporates natural movement into yoga to become stronger, stabilize your joints and support a full range of functional movement. Based upon the principles of neuro-developmental sequencing, the method strengthens the body in an integrated way.</p> <p>Apprenticing in Yoga Therapeutics provides hands-on experience working with students under the guidance of Certified Yoga Therapist Linda Troutman.</p>			
<p>GREAT TEACHERS NEVER STOP LEARNING</p>								
<table border="1" style="width: 100%;"> <tr> <td data-bbox="441 1732 1182 1795" style="background-color: #4a4a8a; color: white; padding: 5px;">Advanced Anatomy</td> <td data-bbox="441 1795 1182 2060">  <p>Look beyond the attachments of muscles and bones, and explore the interconnectedness of the myofascial fabric of the body. We will look at how experience of this continued communication through the entire body inform an intelligent yoga practice.</p> </td> <td data-bbox="1182 1732 1552 2060" style="vertical-align: top; padding: 5px;"> <p>enable each student to reach their full potential.</p> </td> </tr> </table>						Advanced Anatomy	 <p>Look beyond the attachments of muscles and bones, and explore the interconnectedness of the myofascial fabric of the body. We will look at how experience of this continued communication through the entire body inform an intelligent yoga practice.</p>	<p>enable each student to reach their full potential.</p>
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500 Hour Certification Requirements

PREREQUISITE

Participants may register after completing a 200 hour yoga teacher training. We require proof of vaccination upon application.

ADVANCED TEACHER TRAINING COURSE (222 HOURS)

Topics include:

- Teaching Skills- how to improve your verbal, visual and manual instruction
- Sequencing - how to sequence for different intentions
- Ethics and the teacher-student relationship
- Intermediate -level asana and modifications
- Energetics - chakras, prana vayus, elements, Ayurveda and pranayama
- Yoga Philosophy- the Self, Pancha Koshas, yoga psychology and key concepts from the Yoga Sutras, Upanishads, Hatha Yoga Pradipika and Bhagavad Gita
- Yoga History
- How to teach meditation effectively
- Adaptations - how to adapt the practice of yoga for different populations and common conditions such as low back, hip, scoliosis, prenatal, depression, cancer survivors, seniors and more
- The Art of Teaching Therapeutics
- How to teach private lessons, specialized classes and workshops
- Advanced Yoga Anatomy
- Teaching Demonstrations

ELECTIVE TRACK (48 minimum hours required)

Electives are not included in tuition

3 options - choose one track

1. Yoga for Strength and Stability® Training+Certification

(30 Hours- \$800)

Plus elective workshops at Prairie Yoga (18 Hours)*

2. ParaYoga Master Training (40 Hours - \$795)

Plus elective workshops at Prairie Yoga (8 Hours)*

3. Apprenticing In Head-to-Toe Yoga Workshops (24 Hours-

\$480)

Plus elective workshops at Prairie Yoga (24 Hours)*

**You may choose an event from one of the other tracks for your electives or attend any workshop of interest held at Prairie Yoga. General elective costs vary depending upon which event you attend. Approximate cost is \$250 for 12 contact hours.*

NON-CONTACT REQUIREMENTS

(50 non-contact hours required plus homework)

- **Complete all homework assignments**
- **Pass all quizzes at 80% or greater**
- **3 hours of community service**
Donate your yoga teaching to a cause (3 non-contact hours)
- **Teach 5 private lessons** and write 1-2 page overview of each (10 non-contact hours)

- **Final Culmination Teaching Project:** Research, develop, market and teach 6 hours of a specialty yoga topic of your own interest as approved by your advisor (37 non-contact hours)

REQUIRED COURSE BOOKS

(purchase the latest edition of the books on your own)

- *Light on Life* by B.K.S. Iyengar
- *Hatha Yoga Pradipika* by Swami Muktibodhananda
- *The Bhagavad Gita* translated by Eknath Easwaran
- *The Upanishads* translated by Eknath Easwaran
- *Light on Pranayama* by B.K.S. Iyengar
- *The Hidden Secret of Ayurveda* by Dr. Robert E. Svoboda
- *Theme Weaver* by Michelle Berman Marchildon
- *The Therapeutic Wisdom of Yoga Vol. 1 Foundations* by Doug Keller (purchase at doyoga.com)

FACULTY

Lori Gaspar, BFA, MA, C-IAYT, E-RYT 500, YACEP

Marinda Stopforth, OTR, E-RYT 500

Tricia Fiske, BA, E-RYT 500, YACEP

Linda Troutman, BS, C-IAYT, E-RYT 500, YACEP

Alison Larkin, BSN, Certified Ayurvedic Practitioner, CYT 500

TUITION

\$4805 Includes all requirements except Elective Track

Save 5% - early bird discount

\$4565 early price if paid in full by Wednesday, January 12, 2022

Auto-Payment Plan

\$431.50 per month for 12 consecutive months initiated by Thursday, January 27, 2022. Includes additional \$150 fee for payment plan and 4.5% fee added for credit card transaction.

REFUNDS

Refunds are limited.

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

APPLICATION/REGISTRATION

- Last day to apply for Advanced Training is Thursday, January 27, 2022.
- Submit the Advanced Training application at <https://prairieyoga.org/500-hour-registration>
- You are required to provide proof of vaccination and your 200 hour certificate.
- Upon acceptance, we will email you the trainee agreement for you to review and sign.
- You will be assigned an advisor for guidance and support on your requirements.

Course Schedule Weekends 2022-2023

REQUIRED COURSE

Advanced Teacher Training Course

Meets for 17.5 weekends

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

13 contact hours per weekend

(1/2 hour lunch break each day)

2022

February 12-13

March 12-13

April 9-10

May 14-15

June 11-12

July 16-17

August 13-14

September 24-25

October 8-9

November 12-13

December 10-11

2023

January 14-15

February 11-12

March 11-12

April 15-16

May 20-21

June 10-11

July 8-9

August 12 (meets Saturday only)

ELECTIVES

Yoga for Strength and Stability® Intensive and Certification

30 Hours

Tuesdays, Spring 2022 with Lori Gaspar

(7) Tuesdays, 11:00 am - 3:30 pm

April 26 - June 7, 2022

Apprenticing In Head-to-Toe Yoga

Meets one Friday night per month Oct- May, 5:30-9:00 pm

Must attend 24 hours minimum (7 months out of 8 possible)

October 2022 - May 2023 with Linda Troutman

October 7, 2022

November 11, 2022

December 9, 2022

January 13, 2023

February 10, 2023

March 10, 2023

April 14, 2023

May 19, 2023

ParaYoga Master Training: Tantra Shakti

February - April 2023 with Tricia Fiske

40 hours

Meets over 3 Weekends

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

Feb 25-26, 2023

March 25-26, 2023

April 22-23, 2023

Elective Workshops at Prairie Yoga

Scheduled throughout year

Faculty

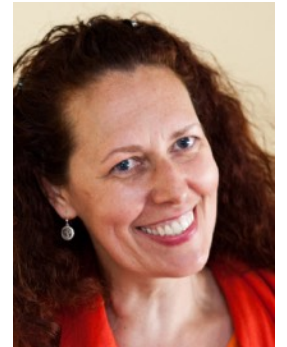
LORI GASPAR, BFA, MA, C-IAYT, 500 E-RYT, YACEP, MOVNAT LEVEL 1 TRAINER, is the Founder and Director of Prairie Yoga. Known as a "teacher of teachers" - she developed the yoga teacher training curriculums that have trained over 700 yoga teachers in the Midwest. Her current teaching integrates natural movement to bring more strength and stability into the yoga practice. Lori is a certified yoga therapist, writes for a number of yoga publications, served on Yoga Alliance's Ethics and Standards Advisory committees and was named by *Yoga Chicago* as an outstanding woman leader in Chicago's yoga community. She has been featured in *Yoga International*, *Voyage Chicago*, *Mantra Yoga+Health*, *Yoga Chicago*, and *Yoga Teacher Magazine*.



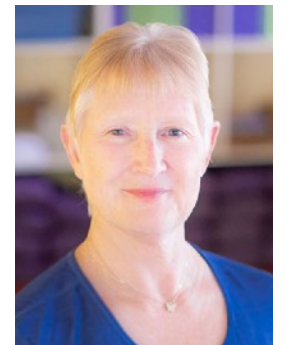
TRICIA FISKE, 500 E-RYT, YACEP, LEVEL 3 PARAYOGA INSTRUCTOR, has been a teacher since 1999. She is primary faculty for Prairie Yoga's Teacher Training programs. Tricia is a leader in the west suburban yoga community and has trained and influenced many teachers in the area. She has been studying with ParaYoga founder Rod Stryker since 2000 and is one of the first level 3 certified teachers in the ParaYoga tradition. ParaYoga's mission is to touch as many lives as possible with the power and wisdom of yoga. It recognizes Yoga as an ancient tradition, capable of enriching all aspects of modern life. Its unique focus is to offer an approach into the depths of yoga science.



MARINDA STOPFORTH, OTR/L, 500 CYT is a graduate of Prairie Yoga and has been teaching at the studio since 2009. Her teaching style presents the wisdom of the "mind-heart-body" connection and offers students a deeper understanding of anatomy and alignment. She is a faculty member for Prairie Yoga's Teacher Training Program and a CE provider through Yoga Alliance. Marinda enjoys teaching workshops on the topics of adjustments, sequencing and the use of yoga props, like the chair and the rope wall. She is certified in aromatherapy, reflexology and is a Reiki Master Teacher. 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.



LINDA TROUTMAN, BS, C-IAYT, 500 E-RYT, YACEP has practiced yoga for over 30 years and taught for 18 years. Linda is a C-IAYT yoga therapist with a 1000 hour yoga therapy certification from Yoga North and International Soma Yoga Institute. She is primary faculty for the 250 and 500 hour teacher trainings at Prairie Yoga. Linda has earned a Certificate for Therapeutic Yoga for Seniors Professional Training from Duke Integrative Medicine; is certified 500 hour by Prairie Yoga; is a Certified YogaKids® teacher; and certified Yoga for Healthy Aging teacher through Baxter Bell, MD.



ALISON LARKIN, BSN, CERTIFIED AYURVEDIC PRACTITIONER, 500 CYT, is a certified yoga teacher, registered nurse and certified Ayurveda Practitioner. She was originally certified to teach yoga by Moksha Yoga Center and completed her 500 hour advanced yoga teaching certification with Prairie Yoga. Alison teaches Ayurveda in Prairie Yoga's Teacher Training Programs. Alison's classes combine her breadth of knowledge in the healing arts. She adapts the practice of yoga to your individual composition and current condition, bringing you into a state of balance.

