

Registered 200 hour and 500 hour Yoga Alliance School.

Prairie Yoga LLC is approved by the Division of Private Business and Vocational Schools of the Illinois Board of Higher Education.

200 hour Foundation Yoga Teacher Training

September 2016 - May 2017 at The Yoga Shop, Chicago, IL

SPONSORED BY

The Yoga Shop

3880 N. Milwaukee
Chicago, IL., 60641
info@yogashopchicago.com
312.509.3880

FOR MORE INFORMATION

Registration: Jim Cogan
info@yogashopchicago.com
312.509.3880

Certification and Training:

www.prairieyoga.org
prairieyoga@comcast.net

INSTRUCTOR

Reeny Linstrom, 500 E-RYT

See biography on back of flyer.

SCHEDULE

2016-2017 Weekends

Saturday, 12:00 - 7:00 pm
Sunday, 10:00 am - 4:45 pm
Includes meal break daily
Oct. 15-16 / Nov. 12-13 / Dec. 10-11
Jan. 14-15 / Feb. 11-12 / March 11-12
April 8-9 / May 6-7 / June 10-11



TUITION*

\$3250 if paid in full by 9/16/16
\$3500 thereafter (See reverse for details)
4.5% transaction fee added for credit card payments
\$150 fee for payment plans
(Contact The Yoga Shop for details)

Trainees get 50% off all class packages and drop-in fees at The Yoga Shop!

REQUIRED EVENTS*

Fundamentals of Yoga Anatomy with Marinda Stopforth

November 18-19, 2016 (12 hours)
Saturday 12-7 pm / Sunday 10 am - 4:45 pm
\$300 by October 21, 2016; \$350 thereafter
Held at The Yoga Shop

Gabriel Halpern Yoga Teacher Training

May 20-21, 2017 (12 hours)
Saturday 12-7 pm / Sunday 10 am - 3:45 pm
\$250 by May 5, 2017; \$300 thereafter
Held at The Yoga Shop

See back of flyer for additional requirements.

*Fees for required and elective workshops, props and books are not included in tuition.

Schedule and requirements subject to change



Prairie Yoga 200 hour 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 that 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.

Additional Certification Requirements

- Complete 12 hours of Fundamentals of Yoga Anatomy + 8 hour workbook:*
- Attend 12 hours of Gabriel Halpern Yoga Teacher Training*
- Attend 20 hours of elective workshops at Yoga Shop or Prairie*
- Observe and assist a senior teacher 15 hours
- Complete all homework assignments (approximately 3-5 hours per week)
- Teach 2 community classes
- 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 (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 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

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 & Beyond by Desikachar

Primary Instructor

Reeny Linstrom, 500 E-RYT has been a dedicated practitioner of yoga for 19 years and a teacher since 2001. She received her 500 certification from Prairie Yoga in 2007 and has been a faculty member of Prairie's Yoga Teacher Trainings for the past nine years.

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REGISTRATION AND PAYMENT

For more information, please call or e-mail us.

- To register, answer the application questions below and email to prairieryoga@comcast.net and info@theyogashopchicago.com
- Mail check for \$100 application processing fee made payable to The YogaShop, 3880 N. Milwaukee Chicago, IL., 60641.
Or call The Yoga Shop (312-509-3880) to pay the \$100 application fee by credit card; 4.5% transaction fee added for credit card payments.
- Upon acceptance, please contact The Yoga Shop to arrange your tuition payment and to receive a copy of the trainee agreement.

Please make all checks payable to The Yoga Shop. *Returned checks subject to \$50.00 fee.*

_____ **\$100 application processing fee** (non-refundable, except if you are not accepted)
_____ \$3250 if paid in full by September 16, 2016
_____ \$3500 thereafter.
_____ Payment plan available for additional \$150; For details, contact The Yoga Shop (312-509-3880).

Refunds:

Requests for withdrawal and refunds must be submitted in writing to the Director, Lori Gaspar at prairieryoga@comcast.net and Jim Cogan at info@yogashopchicago.com

- Before the first training class* your tuition will be refunded minus \$150.
- On the day of or after the first training class* your tuition will be refunded minus \$250.
- On the day of or after the second training class*, your tuition will be refunded minus \$500.
- No refunds are available on the day of the third training class* or thereafter.

*Training class means each calendar day we meet for our regularly scheduled teacher training

APPLICATION

Please email responses to info@theyogashopchicago.com and prairieryoga@comcast.net (include original question in response).

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 (Sept. 2016 - May 2017 at The Yoga Shop in Chicago).

Upon acceptance, you are required to read and sign our trainee agreement which outlines the policies and certification requirements of the training. This information is also provided on our website at www.prairieryoga.org.

