



Hold yourself to a higher standard! Our comprehensive, registered Yoga Alliance trainings develop highly skilled and inspiring yoga teachers.

## 200 HOUR FOUNDATION YOGA TEACHER TRAINING

September 2018 - June 2019 at The Yoga Shop, Chicago, IL

### SPONSORED BY

#### The Yoga Shop

3880 N. Milwaukee, Chicago, IL., 60641

[info@yogashopchicago.com](mailto:info@yogashopchicago.com)

312.509.3880

### FOR MORE INFORMATION

**Registration:** Jim Cogan

[info@yogashopchicago.com](mailto:info@yogashopchicago.com)

312.509.3880

### Certification and Training:

[www.prairiyoga.org](http://www.prairiyoga.org) / [prairiyoga@comcast.net](mailto:prairiyoga@comcast.net)

### INSTRUCTOR

**Reeny Linstrom, 500 E-RYT**

See biography on back of flyer.

### SCHEDULE

#### 2018-2019 Weekends

Saturday, 12:00 - 7:00 pm

Sunday, 10:00 am - 4:45 pm

Includes meal break daily

Sept. 8-9 / Oct. 13-14 / Nov. 10-11

Dec. 8-9 / Jan. 12-13 / Feb. 9-10

Mar. 9-10 / April 13-14 / May 18-19

### TUITION\*

**\$3250 if paid in full by August 10, 2018;**

\$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

Friday evening - Sunday

September 28-30, 2018

\$300 by Sept. 7, 2018; \$350 thereafter

Held at Prairie Yoga

#### Yoga Therapeutics with Gabriel Halpern

Saturday/Sunday, January 26-27, 2019

\$300 by January 18, 2019; \$345 thereafter

Held at The Yoga Shop

#### Nicolai Bachman

Yoga Philosophy Training

Friday evening - Sunday

April 27-29, 2018 or

Nov. 1-3, 2019

\$300 one month prior; \$345 thereafter

Held at Prairie Yoga

#### Tias Little

Prajna Yoga Anatomy and Wisdom Training

Friday evening - Sunday

Nov. 9-11, 2018 or April 26-28, 2019

\$410 one month prior; \$460 thereafter

Held at Prairie Yoga

#### Tami Robinson

Restorative Yoga Training

Saturday/Sunday, April 6-7, 2019

\$200 by March 29, 2019; \$230 thereafter

Held at The Yoga Shop

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

\* Schedule & requirements subject to change



Prairie Yoga 200 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, 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 15 hours of Fundamentals of Yoga Anatomy training with Marinda Stopforth plus 6 hours of non-contact anatomy workbook\*
- Attend 12 hours of Gabriel Halpern Yoga Therapeutics Training\*
- Attend 12 hours of Sanskrit and Yoga Philosophy with Nicolai Bachman\*
- Attend 15 hours of Tias Little/Prajna Yoga Anatomy and Wisdom Training\*
- Attend 10 hours of Tami Robinson Restorative Yoga Training\*
- 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 Satichidananda

*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 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 training certificate from Prairie Yoga in 2008 and had been a faculty member of Prairie Yoga Teacher Training for over 10 years. She has studied extensively with Tias Little and Gabriel Halpern, with a special focus on therapeutics.

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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 [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net) and [info@theyogashopchicago.com](mailto: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 August 10, 2018

\_\_\_\_\_ \$3500 thereafter.

\_\_\_\_\_ Payment plan available for additional \$150; For details, contact The Yoga Shop (312-509-3880).

### Refunds:

Requests for refunds must be submitted in writing to the Director Lori Gaspar at [prairieyoga@comcast.net](mailto:prairieyoga@comcast.net) and

Jim Cogan at [info@yogashopchicago.com](mailto:info@yogashopchicago.com)

Refunds are limited and not available after the second day of teacher training class.

See website/trainee agreement for details.

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

### REGISTRATION FORM

Name: \_\_\_\_\_

Billing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### APPLICATION

Please email responses to [info@theyogashopchicago.com](mailto:info@theyogashopchicago.com) and [prairieyoga@comcast.net](mailto:prairieyoga@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 (September 2018 - June 2019 at The Yoga Shop).

*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.prairieyoga.org](http://www.prairieyoga.org).*

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: \_\_\_\_\_

Expiration: \_\_\_\_\_ 3-digit security code: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



**Prairie Yoga**

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

(630) 968-3216

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

[prairieyoga.org](http://prairieyoga.org)