

# 2011-2012

# Seventeen Month Iyengar Yoga Teacher Training and In Depth Study Program

*For Those Who Want To Teach And For Those Who Want To Deepen Their Personal Practice*

*Newly Released Program as of March 14, 2011*

## Starts April 9, 2011

LIMITED  
ENROLLMENT

### A 200 Hour Yoga Alliance Approved Training

### with Richard Schachtel

Certified Iyengar Yoga Teacher • Director of The Center for Yoga of Seattle  
Certification Assessor for the BKS Iyengar Yoga Association of the US

*The Seattle Area's Only Authorized Iyengar Yoga Teacher Training Program*

Meets Saturdays and Sundays  
1:00 pm–7:00 pm  
and some Saturdays  
3–8 pm

## 206-526-9642

### Weekend dates

revised as of 3/14/2011

#### 2011 Weekend Dates:

Saturday and Sunday, Apr 9 & 10, 2011	1:00pm–7:00pm
Saturday and Sunday, Apr 30 & May 1, 2011	1:00pm–7:00pm
Saturday and Sunday, May 14 & 15, 2011	1:00pm–7:00pm
Saturday and Sunday, June 4 & 5, 2011	1:00pm–7:00pm
Saturday and Sunday, June 11 & 12, 2011	1:00pm–7:00pm
Saturday, July 9, 2011	3:00pm–8:00pm
Saturday, July 16, 2011	3:00pm–8:00pm
Saturday, July 23, 2011	3:00pm–8:00pm
Saturday, July 30, 2011	3:00pm–8:00pm
Saturday, September 10, 2011	3:00pm–8:00pm
Saturday, September 17, 2011	3:00pm–8:00pm
Saturday, September 24, 2011	3:00pm–8:00pm
Saturday, October 1, 2011	3:00pm–8:00pm
Save These Dates: June 25 & 26, 2011	

#### 2012 Weekend Dates:

Saturday and Sunday January 14 & 15, 2012	1:00pm–6:00pm
Saturday and Sunday, January 28 & 29, 2012	1:00pm–6:00pm
Saturday and Sunday, February 11 & 12, 2012	1:00pm–6:00pm
Saturday, March 10, 2012	3:00pm–8:00pm
Saturday, March 17, 2012	3:00pm–8:00pm
Saturday, March 24, 2012	3:00pm–8:00pm
Saturday, March 31, 2012	3:00pm–8:00pm
Save These Dates: February 25 & 26, 2012;	
Save These Dates: April 14 & 15, 2012;	
Save These Dates: April 28 & 29, 2012	
Save These Dates: May 5 & 6, 2012	
Save These Dates: May 19 & 20, 2012	
Save These Dates: June 9 & 10, 2012	
Save These Dates: June 23 & 24, 2012	
NEW Saturday, July 14, 2012	3:00pm–8:00pm
NEW Saturday, July 21, 2012	3:00pm–8:00pm
NEW Saturday, July 28, 2012	3:00pm–8:00pm
NEW Saturday, August 4, 2012	3:00pm–8:00pm

\*The program will complete within 17 months of starting. Students will need to save certain dates for classes that need to be rescheduled.

### Projected Topics

- Developing your personal yoga practice
- Understanding the BKS Iyengar method of teaching
- Understanding and teaching standing poses, forward extensions, inversions, back arches, lateral rotational poses, restoratives, pranayama fundamentals
- Working with common back, shoulder and neck issues
- Women's yoga
- Yoga philosophy
- Yoga energy anatomy
- Therapeutic yoga fundamentals; ethics
- Getting established as a yoga teacher
- Preparation for Iyengar Yoga Certification and more.

## OVERVIEW OF THE PROGRAM

We have redesigned our Yoga Teacher Training Course so that it can now be completed over a 17 month period. The program is designed to appeal to those who want to learn more about the highly acclaimed BKS Iyengar System of yoga; those who want to deepen their personal yoga practice; for those wanting to teach someday; as well as for those currently teaching and in need of continuing education, guidance, inspiration and feedback; for those wanting to earn a Yoga Alliance 200 hour Teaching Certificate; and for those wanting to work toward earning specific certification in Iyengar Yoga.

Graduates will receive a certificate of completion from The Center For Yoga of Seattle and a Yoga Alliance 200 hour teaching certificate. This course can help significantly towards preparing students for the Iyengar yoga assessment process.

*You do not have to be an advanced practitioner to be in the training. You do need to have a desire to improve and be willing to put energy into your yoga. You also need an openness to learning.*

Richard Schachtel has been offering yoga teacher training in Seattle since 1986 and this course is part of the longest running yoga teacher education program in the Northwestern US. He is a close student of Geeta and BKS Iyengar with whom he trains in India for 1-2 months each year—Richard made his 19th trip to India in December 2010. He is authorized by the National Iyengar Yoga Association to carry out training in Iyengar yoga. Many of Washington's established yoga teachers received teacher training from Richard.

Iyengar yoga needs no introduction to knowledgeable yoga students. Considered the gold standard of yoga systems, this method of imparting yoga knowledge, experience, and wisdom has been continuously developed over the past 70 years by BKS Iyengar and his students. In 2004, Time Magazine selected BKS Iyengar for its list of the 100 most influential world citizens.

The course will include the theory and practice of Iyengar yoga asana and

pranayama, teaching methodology, learning Sanskrit names for the poses, esoteric yoga anatomy (Koshas and Vayus for example), yoga philosophy, ethical business practices, student teaching, and much more. Regular homework assignments will be part of the course. Yoga is indeed a subject requiring a lifetime of study and practice. This course aims to give a solid foundation for that lifetime pursuit.

Space is limited and please apply as soon as possible. There is no fee to apply. If accepted, the full course fee is due on April 7, 2011. Please apply early.

Course fees are \$1,995 if paid in full by Thursday, April 7, 2011. For those electing to make monthly payments, either \$1,000 is due on April 7th, followed by 7 monthly payments of \$200 each, or \$500 is due on April 7th followed by 12 monthly payments of \$200 each.

*A limited number of partial tuition reduction scholarships are available for low income & assets students who meet our 3 part application process.*

## GETTING INTO THE PROGRAM

Prospective students must apply and be accepted into the program in order to register. There is no charge to apply. Space is limited and students are admitted on a rolling admissions policy. **The deadline for applications is April 7, 2011.**

The qualities Richard is looking for in prospective students are:

1. Dedication to and interest in BKS Iyengar Yoga. How long have you studied this method of yoga, from whom, and what is your yoga practice like? Do you have an established home

practice? If yes, for how long and what do you practice?

2. You will be frequently teaching others, so your ability to calmly receive feedback from the instructor and fellow peers is essential.

Attendance at a class taught by Richard may be required as part of the selection process. There is an additional charge for this and these appointments are booked through the Yoga Center office.

Applications are available online at [www.yogaseattle.com](http://www.yogaseattle.com)

## STRUCTURE OF THE PROGRAM

1. The Iyengar Yoga Teacher Training is practice oriented. Students (and teachers) learn how to practice the poses correctly and appropriately. You will be encouraged to develop a daily asana practice and a pranayama practice.
2. Students need to study regularly with a Certified Iyengar Yoga Teacher. Ideally, this is through a weekly class or, if this is not possible, through weekend workshops or other means where the student studies in-person with the teacher. Richard offers many weekend workshops throughout the year or 5-Day yoga immersions, which allow students to learn more about the Iyengar method of yoga. See the website under workshops for current information. Some applicants without a solid Iyengar Yoga background may be required to attend one or more of these trainings.
3. Regular reading homework assignments will be given on yoga philosophy, anatomy, and Iyengar Yoga methodology and technique from which open book take home tests will be given. There will be an opportunity to retake all tests not passed or homework assignments not completed properly. Each weekend session will include talks and discussions on some of the following topics: yoga philosophy, anatomy, student teacher relationship, teaching methodology, ethical issues of teaching, and more.

### Required Books to own and study:

**Light on Yoga** by B.K.S. Iyengar

**Yoga: A Gem for Women** by Geeta S. Iyengar

**Yoga in Action: Preliminary Course** by Geeta S. Iyengar

**Light on Pranayama** by B.K.S. Iyengar

**Light on the Yoga Sutras of Patanjali** by B.K.S. Iyengar

**Light on Life** by B.K.S. Iyengar

There are other books that Richard highly recommends owning and studying. This list will be given out at the first class meeting. Additions may be made throughout the training.

4. The Center for Yoga of Seattle is a Yoga Alliance Registered Yoga School. Students who complete all homework assignments, attend 90% of the weekend hours, and pass take-home quizzes, will be qualified to register with Yoga Alliance to be Yoga Alliance Registered 200-hour Teachers, as well as receive a certificate of completion of the 200-Hour Yoga Teacher Training Course from the Center for Yoga of Seattle.

5. Teacher Training hours missed can be made up during the length of the course and for a one year

period after the last class meeting in Richard's other teacher training courses and Richard's other workshops. No exceptions beyond the one year period and no make-ups at other courses types.

6. This course can be excellent preparation for formal Iyengar Yoga assessment when supplemented by regular classes and/or weekend workshops and suitable home practice. There are other requirements such as a minimum of 3 years of study with a Certified Iyengar Yoga Teacher and 3 years of continuous practice of Iyengar yoga. Other requirements include 100-150 hours of Apprenticeship with a Jr 1-3 Certified Iyengar Teacher. To see the exact and current qualifications, please see [www.iyngaus.org](http://www.iyngaus.org)

7. Students must sign an agreement acknowledging that they are not Iyengar Yoga Teachers nor are they Certified Iyengar Yoga Teachers; they are yoga teachers who are studying with or have studied with a Certified Iyengar Yoga Teacher, and will not advertise that way unless and until they pass the first two National Iyengar Yoga Exams. Students may, however, teach yoga, provided they are ready to teach. Graduates of the course may refer to themselves as Yoga Alliance Registered 200 Hour Teachers.

8. The program, which starts April 9, 2011, will admit no more than 24 students. Feel free to call the office or email the office for more information, however phone calls are preferred to save time. Our office hours are listed on the home page at [www.yogaseattle.com](http://www.yogaseattle.com). Richard will personally return your call if he is in the US.

9. You need to save the following weekend dates in case any weekends require rescheduling: June 25 and 26, 2011; February 25 and 26, 2012; April 14 and 15, 2012; April 28 and 29, 2012; May 5 and 6, 2012; May 19 and 20, 2012; June 9 and 10, 2012; June 23 and 24, 2012

10. Weekend dates and themes are subject to change.

11. The structure of the program is subject to change, modification and revision.

12. Richard is giving several 4 week Immersion Teacher Trainings in Seattle and India in 2011 and 2012 which do not require an application process and applicants are admitted based upon when the registrations are received. Please see dates below.

### BUYER BEWARE:

Other trainings may say they are training you in Iyengar yoga asana. This is the only authorized Iyengar Yoga Teacher Training in the Seattle area. Call us if you need clarification on this. Know what real Iyengar Yoga is.

## PAYMENT OPTIONS

Space is limited and students will be admitted on a rolling admissions basis starting Jan 1, 2011. The fee for the course is \$1,995.

There is no charge for applying.

For those admitted into this program, there are three options for payment.

By April 7, 2011, either the full tuition, or a deposit and a signed legal contract are due.

**A.** Full payment within two weeks of acceptance of the program.

**B.** A \$500 nonrefundable deposit will be made, and a legal contract will be drawn for 12 monthly payments of \$200 each to a valid Visa or Mastercard to begin immediately.

**C.** A \$1,000 nonrefundable deposit will be made, and a legal contract will be drawn for 7 monthly payments of \$200 each to a valid Visa or Mastercard to begin immediately.

For those selecting Option B or C, the payment plan options, a signed legal contract is required promising payment of remaining balance.

**Refund/cancellation policy:** There are no refunds for cancelling nor will any credit toward other programs be given for cancellation. Those selecting Payment Option B or C will still be liable for any remaining monthly payments if they should elect to discontinue the program.

*A limited number of partial tuition reduction scholarships are available for low income & assets students who meet our 3 part application process.*

1. Application includes submission of the last 2 years of Federal Income Tax Statements.
2. Essay outlining your yoga story and why you should be considered for a partial scholarship.
3. Interview may be required, either in person or over the phone prior to an award of a partial scholarship.

*If you would like to apply for one of these scholarships, please email our office at [info@yogaseattle.com](mailto:info@yogaseattle.com) to begin the process.*

## OTHER TRAININGS TO CONSIDER

### 4-Week 200 Hour Teacher Training Immersions

*In Seattle*

**Summer 2011**

July 6–31

**Fall 2011**

Sept 6–Oct 1

*In Goa, India*

**(residential)**

Oct 7–Nov 4

See our website for more information at [www.yogaseattle.com](http://www.yogaseattle.com)

*Applications are available on our website which you can print out and send to us.*

*You can also scan the form to an email and send it to us.*



Graduates earn a Yoga Alliance 200 Teaching Certificate



**THE CENTER FOR YOGA**  
of Seattle

2261 NE 65th Street, Seattle WA 98115

*One mile North of the  
University of Washington*

[www.yogaseattle.com](http://www.yogaseattle.com)

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

(206) 526-YOGA (9642)

Richard Schachtel has taught yoga in Seattle for 36 years and is a Certified Iyengar Yoga Teacher. As part of his commitment to keep up his training, Richard studies each year for 1-2 months with Geeta and B.K.S. Iyengar at their renowned Institute in Poona, India, where he receives training in Asana (yoga postures), Pranayama (breath control), Medical Therapeutic Yoga (working with students with injuries or medical conditions) and Yoga Philosophy.

Originally certified in 1974 as a Sivananda Yoga Teacher, Richard has been studying Iyengar Yoga since 1976 and was one of the first group of Americans to be certified as an Iyengar Yoga teacher in 1984. Today Richard enjoys teaching all the various levels of students including beginners, and supervises the yoga teacher training program as well as the apprenticeship program. He teaches a weekly special needs yoga class. Many of Seattle area's yoga teachers, as well as students from around the U.S., Canada and abroad, have received their teacher training in yoga with Richard.

Richard travels and gives guest Iyengar yoga workshops around the U.S. and has taught in Australia. He has been on the teaching staff at several of the National Iyengar Yoga Conventions. Richard has worked for twelve years as an Assessor for the B.K.S. Iyengar Yoga Association of the United States to determine which teachers are qualified to earn the Iyengar yoga teaching credential. He is one of approximately 60 U.S. Iyengar Yoga Assessors. He runs one of only 30 authorized teacher training programs in the United States in Iyengar yoga, and is the only authorized Iyengar Yoga Teacher Trainer in the Seattle area.

Richard first trained in India with B.K.S. Iyengar in 1980 and made his 19th yoga study trip to Poona, India to train with the Iyengars in December 2010. Richard continues to enjoy deepening his practice and sharing his many years of experience. Richard founded the Center in 1980 and continues to serve as the Director. He is Seattle's most Senior Iyengar Yoga Teacher.