

# One Month Iyengar Yoga Teacher Training Immersion

## in Goa, India

### November 1–30, 2008

#### with Richard Schachtel

Certified Iyengar Yoga Teacher • Authorized Iyengar Yoga Teacher Trainer  
Certification Assessor for the BKS Iyengar Yoga Association of the US  
Director of the Center for Yoga of Seattle • Yoga Alliance Approved Teacher Trainer

**A ONE MONTH IMMERSION TEACHER TRAINING** given in the tropical paradise of Goa, India leading to a Yoga Alliance 200 Hour Teaching Certificate. The course curriculum is based upon Iyengar Yoga and will include: asana (yoga postures), pranayama (rhythmic regulation or the breath practices), philosophy, theory, anatomy, physiology, student teaching, ethics, business practices, and more.

The course is open to all who are sincere in wanting to learn the fundamentals of practice and teaching of Iyengar yoga. Upon successful passing of the various learning modules students will earn registry as a Yoga Alliance Approved Teacher at the 200 hr level. Yoga Alliance is an international Yoga Organization dedicated to raising and maintaining the minimum standards for yoga teachers.

Graduates will not be certified Iyengar Yoga teachers which requires a minimum number of years of exclusive practice and teaching of Iyengar Yoga, recommendations by intermediate or advanced Iyengar Yoga Teachers, and a 3 step examination process, and more. Each country's requirements may vary. The one month training is an excellent preparation for assessment for qualified Iyengar Yoga students and the training is the same that Richard gives over a 2 year period in the US where students are prepared to take the examinations to become fully certified Iyengar Yoga teachers. Please note a similar program is offered in the US each summer in Seattle, Washington.



*Iyengar yoga is one of the most influential and accessible yoga systems in the world. Based on the teachings of BKS Iyengar, author of the classic book Light on Yoga, Iyengar yoga is a dynamic and exacting method of integrating body, mind, and spirit.*

#### Registration:

Registration opens for the one month immersion on 3/7/08. Students will be admitted on a first come, first served basis.

The fee for the course is \$2,700 and is due no later than October 20, 2008. Registrations received after October 20 will be charged \$3,200. Tuition includes the 6 hours of daily instruction with Richard and access to the various online or written tests. Tuition does not include yoga books, travel expenses, meals or accommodations. The course will be held in the Palolem/Patnem regions of south Goa at Mokshanivas Yoga Center which has many of the basic Iyengar Yoga props. (see [www.mokshanivas.com](http://www.mokshanivas.com) and pictures of Palolem/Patnem at [www.yogaseattle.com](http://www.yogaseattle.com))  
Refund and cancellation policy: If cancellation is received by 7/30/08, course fee will be refunded minus a \$500 cancellation fee. No refunds will be given for cancellations received after 7/30/08.

#### Required Books:

**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

**Excellent Preparation for the Iyengar Yoga Certification process**

#### Daily Schedule:

10:15 am–1:30 pm Asana and Pranayama class  
1:30 pm–3:00 pm Lunch break  
3:00 pm–5:45 pm Theory & Methodology, Philosophy, Anatomy, Ethics, Student Teaching

*The daily class schedule is subject to change but will meet approximately 6 hours each day.*

#### Travel:

Travel from the US to India booked early can range from \$1,400-\$2,000. See the direct flights from North America now available on United, Continental, and Jet Airways. Low cost charter flights directly to Goa (skipping Bombay) are available from Europe (see Frankfurt) Goa is a 45 minute flight from Bombay.

#### Accommodations:

Accommodations range from simple beach huts starting at \$4 a day to larger beach huts with private shower and toilet for \$12-\$20 to concrete structures set back from the beach with private toilet and shower from \$6-\$25. Practically speaking there are many nice choices in the \$12-\$25 range. It may be hard to believe that accommodations do not need to be booked in advance but it is true. November is before the busy tourist season which heats up in mid December. We will include several places on our web site which you can book in advance but we recommend after you arrive to check out other places which are remarkably plentiful.

**Richard Schachtel** has taught yoga in Seattle for 33 years and is a Certified Iyengar Yoga Teacher. As part of his commitment to keep up his training, Richard studies each year with Geeta and B.K.S. Iyengar for 2 months 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. 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 8 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 only 60 U.S. Iyengar Yoga Assessors. **He runs one of only 29 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 has just made his 17th yoga study trip to Poona, India to train with the Iyengars. He plans to train again with the Iyengars in 2009. 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.

*Richard's teaching is marked by directness, clarity, exactness, intensity, and humor*

**Poses and Pranayamas Taught and Practiced  
in the 4-Week Iyengar Yoga Teacher Training Immersion**

All of the Iyengar Yoga standing poses	Supine Hero	Restorative Yoga Practices
Headstand and variations	Back arches including:	Ujjayi Pranayama
Shoulderstand and variations	Upward Dog	Viloma Pranayama
Handstand	Camel	Bhramari Pranayama
Common Therapeutic Yoga Adaptations	Backbend in Chair	Digital Pranayama
Seated Twists	Bow	Kumbhaka
Seated Forward Extentions	Upward Facing Bow	<i>and much more!</i>
Abdominal Strengtheners	Inverted Staff	
Supine Big Toe Pose Series	Teaching the Patanjali Invocation (not a pose)	**due to time limitations, some of the poses/pranayamas above may not be able to be covered in the courses.
Lotus Pose Cycle	Yoga with Wall Ropes	
	"The Jumpings"	

*Topics also included: Uses of props in yoga practice; Yoga for women: Premenstrual practice, yoga during menstruation, prenatal yoga; Iyengar Yoga assessment preparation.*

**200 Hour Iyengar Yoga  
Teacher Training  
Program in Seattle  
with Richard Schachtel**

meets 12 weekends over an 12  
month period starting January 23, 2009

Fridays 7:00pm --- 10:00pm  
Saturdays & Sundays 1:00pm --- 7:00pm each day

**APPLICATIONS  
AVAILABLE NOW**

*limited enrollment*



Both Courses  
Yoga Alliance Registered School  
Graduates earn a Yoga Alliance 200  
Teaching Certificate

with Richard  
Schachtel

For more detailed information, see our website at [www.yogaseattle.com](http://www.yogaseattle.com)  
or call the office at 206-526-9642 to request a poster.

*same program as Goa, India on reverse side*

*Also Available:*  
**200 Hour Iyengar Yoga  
Teacher Training  
4-Week Summer  
Immersion**

**July 6 – August 1, 2009**

**4 Action-Packed Weeks in Seattle**

For complete information on our Teacher Trainings and an application for the program,  
see our website at [www.yogaseattle.com](http://www.yogaseattle.com) or call us at 206-526-9642.



**THE CENTER FOR YOGA**  
of Seattle

*Where the Art of Yoga is Our Passion*

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