

2010-2011

One Year 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 July 1, 2010

Starts October 2, 2010

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

**LIMITED
ENROLLMENT.
APPLICATION DEADLINE:
SEPTEMBER 13, 2010
EARLY APPLICATIONS
ADVISED**



REGISTERED YOGA SCHOOL

Meets Saturdays and Sundays

1:00 pm—7:00 pm

and some Saturdays 3–8 pm July 2011

206-526-9642

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.

Weekend dates

2010 Weekend Dates: Oct 2 & 3; Oct 23 & 24; Nov 6 & 7; Nov 13 & 14.

2011 Weekend Dates: Jan 8 & 9; Jan 22 & 23; Feb 5 & 6; Feb 26 & 27; Mar 12 & 13; Mar 26 & 27; Apr 2 & 3; Apr 16 & 17; Apr 30 & May 1; May 14 & 15; June 4 & 5;

Save Dates: June 25 & 26 Sat, July 9; Sat, July 16; Sat, July 23; Sat, July 30; Sat, Sept 10; Sat, Sept 17; Sat, Sept 24; Sat, Oct 1

**The program will complete within 12 months of starting.*

Students will need to save certain dates for classes that need to be rescheduled.

OVERVIEW OF THE PROGRAM

We have redesigned our Yoga Teacher Training Course so that it can now be completed over one calendar year. 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 18th trip to India in December 2009. 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 applications are due no later than September 13, 2010. The course fee is \$2700. There is no fee to apply. If accepted, a nonrefundable \$500 deposit is due on September 20, 2010. Please apply early.

Total course fees of \$2,700 if paid in full are due by September 24, 2010. The early registration discounted tuition is \$2,400 if paid in full by August 5, 2010 or \$2,300 if paid by July 23, 2010. For those selecting the monthly payment option, the total fees are \$3,200. After a \$500 deposit, 13 monthly payments of \$200 begin October 1, 2010 with a 14th final payment being \$100.

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 September 13, 2010.**

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

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 teaching Iyengar Yoga for at least 2 years, without mixing in other styles of yoga; obtaining recommendations by 2 Certified Iyengar Yoga Teachers, including 1 intermediate teacher or above; and other additional requirements.

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 October 2, 2010, will admit no more than 28 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. 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: Sat and Sun, June 25 & 26, 2011; Sat, July 9, 2011; Sat, July 16, 2011; Sat, July 23, 2011; Sat, July 30, 2011; Sat, Sept 10, 2011; Sat, Sept 17, 2011; Sat, Sept 24, 2011; Sat, Oct 1, 2011.

10. Weekend dates & themes are subject to change.

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

12. Richard also is giving another 200 hour Yoga Alliance approved training this year in Seattle from Sept. 7–Oct. 2, 2010. Please note that this training does not require an application process and applicants are admitted on the basis of when the registrations are received.

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 July 1, 2010. The fee for the course is \$2700.

There is no charge for applying.

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

By September 20, 2010, 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 within two weeks of acceptance into the program. If application is made after September 6th, deposit is due by September 20, 2010. Full payment of the remaining balance is due prior to September 24, 2010.

C. Within two weeks of acceptance into the program a \$500 nonrefundable deposit will be made, and a legal contract will be drawn for 14 monthly payments to a valid Visa or Mastercard to begin October 1, 2010.

The agreement consists of thirteen monthly payments in the amount of \$200 and one final payment of \$100.

For those selecting Option C, the payment plan option, a signed legal contract is required promising payment of remaining balance. Those selecting Option C, can convert to paying off the remaining balance if done so prior to September 24, 2010.

Refund/cancellation policy: There are no refunds for cancelling nor will any credit toward other programs be given for cancellation. Those selecting Payment Option 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 to begin the process.

OTHER TRAININGS TO CONSIDER

4-Week 200 Hour Teacher Training Immersions In Seattle

Fall 2010

Sept 7–Oct 2

Summer 2011

July 6–31

See our website for more information at 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.



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



THE CENTER FOR YOGA of Seattle

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One mile North of the University of Washington

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(206) 526-YOGA (9642)

Richard Schachtel has taught yoga in Seattle for 35 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 therapeutics 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 ten 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 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 made his 18th yoga study trip to Poona, India to train with the Iyengars in December 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.