

# 200 Hour Iyengar Yoga Teacher Training

2nd Annual

## 4-Week Fall Immersion

# September 6–October 1, 2011



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

**Limited Enrollment**

**THIS COURSE** is designed for those looking to receive as thorough an introduction to teaching yoga as possible in a 4 week time period. Richard Schachtel is one of the most experienced Yoga Teacher Trainers in the US and has been giving teacher training since 1986. Students from around the world have been coming to Seattle for his summer teacher trainings for over 10 years. His program through the Center For Yoga of Seattle is one of only 29 authorized Iyengar Yoga Teacher Training Programs in the US.

The course is approved by the Yoga Alliance as meeting their 200 hour yoga teacher training requirements. The course is modeled upon the first two syllabi of the BKS Iyengar Yoga Association of the United States certification manual. Those who pass all open book take home tests (which can be retaken until passed) will receive a certificate of completion from The Center for Yoga of Seattle as graduates of its 200 Hour Yoga Teacher Training course as well as a Yoga Alliance 200 Hour Teaching Certificate.

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.

### Curriculum for the Training Includes:

- Iyengar Yoga Asana: Understanding the key postures like standing poses, shoulderstand, headbalance (see more detailed list on reverse side)
- Iyengar Yoga Pranayama and restoratives: Theory and practice of the core pranayamas and relaxation techniques
- Iyengar Yoga Methodology: BKS Iyengar's 5 step format for teaching
- How to teach; the arts of demonstration, instruction, observation, and correction
- Sequencing of classes, and courses
- Student teaching and peer feedback
- Yoga Anatomy
- Key concepts from The Yoga Sutras
- Ethics of Teaching Yoga
- Ethical Business Practices

Each action packed day of the training will include practice time of the various postures, relaxation or pranayama and theory classes. Some days will include observing Richard in teaching public classes as well as student teaching to your peers.



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

*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 is now open. The course is open to all who are sincere in wanting to learn the fundamentals of Yoga as taught in the Iyengar Tradition. The training is done over a period of 24 days and students must be prepared to devote their time and energy for such an ambitious undertaking. Students are admitted on a first come first serve basis. Please register early. In past years we have had students attending from Indonesia, Hong Kong, Japan, Europe, and the Middle East. The training has limited enrollment.

Admission is on a first come, first served basis. Application is not required.

### Payment Options:

The fee for the course is \$2,400. Payment options include:

**Option A:** Early Registration Fee is \$2,200 if paid in full by July 6, 2011 or \$1,995 if paid in full by June 6, 2011.

**Option B:** Full payment of the course fee upon registration.

**Option C:** A \$500 nonrefundable deposit will hold your space until July 6, 2011 when either the remaining balance of \$1,900 will be due, or a payment plan will be chosen.

For those electing to use the payment plan, after a \$500.00 deposit, 12 monthly payments of \$200 will be made, charged to a valid Visa or Mastercard. The payments will begin the 1st of the following month. For those selecting to make monthly payments, a signed a legal contract promising payment is required. This signed contract is due one month after the deposit is received or before the start of the course.

Payment can be made online, over the phone to the Yoga Center office, at the Yoga Center during office hours M-F 12:30–4:30 PM, or through the mail.

### Partial Tuition Reduction Scholarships Available

A limited number of partial tuition reduction scholarships are available for low income & low assets students who meet our 3 part scholarship application process. To qualify, students must provide financial documents, write an essay and complete an interview with Richard (telephone interviews available for out of Seattle area students.) To expedite, please send application via email to [info@yogaseattle.com](mailto:info@yogaseattle.com) with subject line Summer Immersion Teacher Training. Applications via regular mail will also be accepted.

Refund/cancellation policy: There are no refunds for cancelling out of the program. No credits are available to other programs offered by the center. Registrations are non-transferrable.

**Low cost lodging may be available with our local students for those who register early. Lodging information is on our website.**

Classes meet Monday 10:45 am–7:30 pm

12:15 pm–1:20 pm break

Tuesday–Thursday 7:00 am–7:30 pm;

12:15 pm – 2:20 pm break

Friday 7:00 am–5:30 pm;

10:30 am –1:00 pm break

and Saturday 3:00 pm–8:00 pm

class times subject to change

*Location: 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)  
(USA country code 001) 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 with Geeta and B.K.S. Iyengar for 1–2 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. Richard conducts a weekly therapeutic 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 10 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 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.

*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 Weekend Teacher Training in Seattle

with Richard Schachtel

Meets select weekends over a 13 month period starting March 10, 2012

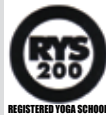
Saturdays and Sundays 1:00 pm–7:00 pm  
and some Saturdays 3:00 pm–8:00 pm

**APPLICATIONS AVAILABLE NOW**

**APPLICATION DEADLINE FEBRUARY 13, 2012**

*limited enrollment*

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.



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

*Can't make it to Seattle in September 2011?*

## 2nd Goa, India Teacher Training

October 7–November 3, 2011

Residential at Satsanga Retreat Center

with Richard Schachtel

Same 200 Hour Iyengar Yoga Teacher Training as taught in Seattle

## 4-Week 200 Hour Teacher Training Immersions In Seattle

Spring 2012 March 5–31

## 6th Annual Summer Immersion Teacher Training In Seattle

July 9–August 4, 2012

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 (USA country code 001) 206-526-9642.



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of Seattle

*Where the Art of Yoga is Our Passion*

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