



# THE CENTER FOR YOGA

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## of Seattle

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## 5-6 Day Yoga Teacher Training Intensive

### *Learning to Teach the Fundamentals of Iyengar Yoga*

**July 6 – July 10 or July 11, 2009**

**STUDENTS HAVE THE OPTION TO ADD A SIXTH DAY OF TRAINING  
ON SATURDAY FROM 3:00PM-8:00PM for ONLY \$75\*\***

*(This training will be offered again September 8-12, 2009.  
\*\*The option to add a sixth day is available only for the July training.)*

**With Richard Schachtel**  
**Certified Iyengar Yoga Instructor**

**The Center for Yoga of Seattle** offers week-long professional trainings in Iyengar Yoga. Taught by Richard Schachtel, an internationally recognized instructor with 34 years of teaching experience, this course can help prepare the serious yoga student to feel more comfortable in making the transition from student to teacher. (See Richard's bio on reverse side.) These beginner teacher training courses focus on understanding and teaching the fundamental poses that all Iyengar students and teachers practice and teach. They are also great preparation for our 2009 200-Hour Teacher Trainings; a 4-Week Summer Immersion starting July 6th in Seattle; a 13-Weekend Training starting September 12 in Seattle, and our Winter Immersion in Goa, India, starting November 1.

#### **In this teacher training, students will learn the arts of:**

- \* clear and effective yoga demonstration
- \* verbal yoga instruction (what to say, how to say it, and in what order)
- \* observation: what to look for, "how to see"
- \* verbal corrections (how to guide students to improve)
- \* manual corrections (how to touch and adjust students)
- \* specific input on how to improve your personal yoga practice (how to take your yoga to the next level)
- \* theory of Iyengar yoga development

#### **Recommended Background**

At least one year of yoga instruction, preferably Iyengar Yoga, OR two early morning intensives at the Center for Yoga of Seattle, OR one 10-Class Per Week Immersion. For those without a strong Iyengar yoga background, we highly recommend taking either a 10-Class per Week Immersion, a 4-Week Intensive, or several classes per week for a month prior to the training.

#### **Asanas**

Participants will receive instruction in most of the following asanas:

|                            |                          |
|----------------------------|--------------------------|
| Downward Dog               | Beginning Back Arches    |
| Mountain Pose              | * Bridge                 |
| Extended Triangle Pose     | * Camel                  |
| Extended Lateral Angle     | * Upward Dog             |
| Warriors I and II          | * Backbend in Chair      |
| Half Moon Pose             | The Seated Forward Bends |
| Revolving Triangle Pose    | Abdominal Strengtheners  |
| Intense Side Stretch       | Supine Hero              |
| Standing Forward Bends     | Yoga with Wall Ropes     |
| Tree Pose                  | Teaching the Patanjali   |
| Handstand                  | Invocation (not a pose)  |
| Shoulderstand and the      | Common Therapeutic       |
| Beginning Variations       | Yoga Adaptations         |
| Preparations for Headstand | Restorative Poses        |
| Beginning Twists           | Relaxation Pose          |
| Hip Opening Poses          | Sample Pranayama Class   |
| Supine Big Toe Pose Series |                          |

**Iyengar Yoga** is the most precise and accurate approach to the yoga postures and is known as the state-of-the-art Hatha yoga system. Its meticulous approach has made Iyengar yoga one of the most popular and influential methods worldwide. BKS Iyengar, the developer of Iyengar yoga, is the author of many books on yoga, including the classic *Light on Yoga*. Iyengar yoga is currently taught throughout the world with an estimated several million practitioners. In 2004, *Time Magazine* listed BKS Iyengar as one of the 100 most influential people in the world.

*As our friends at the Iyengar Yoga Institute of New York say: "Through the consistent practice of asana and pranayama (the art of yogic breathing) students of Iyengar yoga are guided towards increased awareness of their own physical, emotional, and spiritual lives. Students experience meditation in action, a state of being focused and absorbed in the moment."*

**The Center for Yoga of Seattle** became the Northwest's first Iyengar Yoga Center in 1980. Now in our 29<sup>th</sup> year, the Center is a nationally and internationally recognized BKS Iyengar Yoga Study Center, providing a wealth of courses for everyone from novices to continuing professional yoga teachers.

#### **Daily Schedule\***

Mon: 1:00pm - 4:30pm and 6:00pm - 7:30pm  
 Tue: 7:00am - 8:30am, 10:45am - 12:15pm, & 2:30pm - 4:30pm  
 Wed: 7:00am - 8:30am, 2:30pm - 4:30pm, & 6:00pm - 7:30pm  
 Thu: 7:00am - 8:30am, 10:45am - 12:15pm, 2:30pm - 4:30pm  
 Fri: 7:00am - 8:30am, 9:00am - 11:00am, & 1:00pm - 3:00pm  
*Daily schedule is subject to change.*

**Cost:** \$495 if paid in full before May 6, 2009.  
 \$545 if paid in full by June 6, 2009. \$595 thereafter.

**Cost if Adding Saturday Option:** \$570 if paid in full before May 6, 2009. \$620 if paid in full by June 6, 2009. \$670 thereafter.

**Enrollment is limited — Register early!**

#### **Location**

**The Center for Yoga of Seattle**  
 2261 NE 65<sup>th</sup> Street, Seattle WA 98115  
 www.yogaseattle.com ☎ info@yogaseattle.com  
**(206) 526-YOGA (9642)**

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# THE CENTER FOR YOGA of Seattle

(Continued from reverse)

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**With Richard Schachtel  
Certified Iyengar Yoga Instructor**

**Registering** Pre-registration and full pre-payment are required for enrollment. You may register online at [www.yogaseattle.com](http://www.yogaseattle.com) or by calling the Yoga Center office (Monday – Friday, 12:30pm – 4:30pm) and using your VISA or MasterCard or by mail by sending in your check made out to “The Center for Yoga of Seattle” (please write “Teacher Training” and include course dates and your address and phone number on the check)

**Refunds/Cancellations** registrants for Teacher Trainings are eligible to receive full credit toward a future teacher training, minus a \$100 cancellation fee, for cancellations six weeks or more before the start of the course. Notification of cancellation must be in writing (via snail mail or email) no later than six weeks before the course's start date. Please also notify the Center of cancellation by telephone as soon as possible. The credit must be taken within eighteen months of the cancellation and can be applied toward Teacher Trainings or 10 Class Per Week Yoga Immersions only. No credit will be given for cancellations less than six weeks before the start of the course. We offer the option of refunds only when the Center cancels the course for which a student originally registered.

### **2009 Teacher Training Opportunities With Richard Schachtel**

**May – August 2009**

**3-Hour Teacher Training & Advanced Studies  
Weekend Workshops**

*Each month focuses on how to teach three specific poses.*

*A great mini-training if you are curious about what it's like to teach Iyengar yoga, or if you just want to learn the fine points of each pose to deepen your own practice.*

**200-Hour Summer Teacher Training  
Immersion in Seattle**

*July 6 – August 1, 2009*

**Offered again September 8-Oct 3, 2009**

**200-Hour 13-Month Iyengar Yoga Teacher  
Training Program in Seattle**

*September 12, 2009*

**\* This training is by application.**

**5-Day Teacher Training  
Sept 8-12, 2009**

**200-Hour Winter Teacher Training Immersion  
In GOA, INDIA**

*November 1 – 30, 2009*

**More information about all of these trainings is  
available on our website.**

**Richard Schachtel** has taught yoga in Seattle for 34 years and is a Certified Iyengar Yoga Teacher. As part of his commitment to Iyengar yoga, Richard studies each year with BKS and Geeta Iyengar for two 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 Americans to be certified as Iyengar Yoga teachers in 1984. Today, Richard enjoys teaching all levels of students and supervises the yoga teacher training program and the apprenticeship program. Many of the Seattle area's yoga teachers as well as students from around the U.S. and Canada have received training in yoga with Richard. Richard 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 eight years as an Assessor for the BKS Iyengar Yoga Association of the United States to determine which teachers are qualified to earn the Iyengar yoga teaching credential.

**The Center for Yoga of Seattle is a YOGA ALLIANCE-APPROVED SCHOOL**

**Richard directs one of only 29 American yoga programs authorized to give Iyengar yoga teacher trainings — the only one in the Seattle area.**

Richard first trained in India with BKS Iyengar in 1980 and plans to make his 19th yoga study trip to India in December of 2009. He 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.

*Where the Art of Yoga is Our Passion*

**For more information**

**(206) 526-9642**

[info@yogaseattle.com](mailto:info@yogaseattle.com) [www.yogaseattle.com](http://www.yogaseattle.com)

