



# 2009-2011 Iyengar Yoga Apprenticeship Program

with Richard Schachtel, Certified Iyengar Yoga Instructor  
Certification Assessor for B.K.S. Iyengar Yoga Association  
of the US

Authorized Iyengar Yoga Teacher Trainer

**8 NEW APPRENTICESHIP POSITIONS STARTING IN JANUARY 2009**

*The Center for Yoga of Seattle's Apprenticeship Program* is designed to train the next generation of yoga teachers in the great tradition of Yogacharya B. K. S. Iyengar. Periodically, we accept as apprentices a limited number of dedicated students committed to becoming competent yoga teachers. **The Center is now seeking highly motivated students to start in the Apprenticeship Program in January 2009.**

*Apprenticeships in Iyengar Yoga* involve learning how to assist in regular classes, learning the progression in teaching beginners (how to develop a yoga course), learning how to individualize the practice and teaching of yoga to various individuals, learning the seven-step method of teaching Iyengar Yoga, and learning how to develop good demonstration, instruction, observation, and correction skills.

Apprenticeships run for a period of two years, with enrollment in a 13-week quarterly session, after which the apprenticeship position will either be extended or not, depending on the performance and advancements of the apprentice.

Completing a two-year apprenticeship with Richard and graduating from the Center for Yoga of Seattle's Teacher Training Program is one method of completing the prerequisites for applying for the Teacher in Training level examination for Iyengar Yoga certification. **Students need at least three years of yoga study with an Iyengar teacher before teaching yoga.** There are additional requirements, including recommendations from two certified Iyengar Yoga teachers, Level Jr. 1 or above.

## Requirements at Application

1. At least one year of background in Iyengar Yoga with a teacher by January of 2009.
2. Applicants should not be practicing or taking classes in any other method or style of yoga.

## Apprenticeship Fees:

*(Does not include regular class fees, weekend workshops or formal teacher training classes)*

**One class per week for 13 weeks: \$260**

**Two classes per week for 13 weeks: \$442**

**Three classes per week for 13 weeks: \$585**

**Four classes per week for 13 weeks \$728**

## Apprenticeship Classes with Richard

Mondays, Tuesdays, & Wednesdays  
6:00pm-7:30pm

Tuesdays, Wednesdays, Thursdays, & Fridays  
7:00am - 8:30 am

Saturdays, 11:00am - 12:30pm

## Required Books to Own & Use

1. *Light on Yoga*, by B.K.S. Iyengar
2. *Yoga a Gem for Women*, by Geeta S. Iyengar
3. *Yoga in Action, Preliminary Course* by Geeta S. Iyengar
4. *Light on Pranayama*, by B.K.S. Iyengar
5. *Light on the Yoga Sutras of Patanjali*
6. *Light on Life*, by B.K.S. Iyengar
7. *Geeta S. Iyengar's Guide to a Woman's Yoga Practice*, by Lois Steinberg, Ph.D.
8. *Yoga, the Path to Holistic Health*, by B.K.S. Iyengar
9. *Yoga the Iyengar Way*, by Silva, Mira, & Shyam Mehta
10. *How to Use Yoga*, by Mira Mehta
11. *Astadala Yogamala*, by B.K.S. Iyengar  
Volumes 1-8

***(See application process and program requirements of selected applicants on reverse side.)***

(Continued from reverse)

## Requirements If Accepted\*

1. Attend at least two classes per week with Richard Schachtel as a student. (*Regular fees for classes apply.*)
2. Attend as an Apprentice at least one of Richard's beginner classes each week.
3. Practice at home at least one hour a day when not in class, with one day off if desired.
4. Complete monthly reading assignments. Purchase and study of core Iyengar Yoga texts. (See below.)
5. Take and pass periodic tests.
6. Enroll in one of the 200-Hour Teacher Training Programs offered at the Center within two years of acceptance (these courses meet in intensive weekend sessions or in an intensive one-month immersion).
7. Apprentices are expected to arrive 10-15 minutes early for training, stay after class to help clean up the space, and help with bookkeeping. Attendance is required at all class sessions (excluding illness).
8. Attendance in at least one of Richard's 2-3 hour weekend workshops per month. (*Additional fee for these.*)

\* Requirements are subject to change.

## How to Apply

Please submit a resume via e-mail (**strongly preferred**, but snail mail will be accepted) that includes the following information:

1. Name, address, day and evening telephone numbers (include good times to call), and email address.
2. Occupation, work history, formal education, and career objectives.
3. A description of your Yoga background, specifically, your current and previous yoga studies, including with whom you studied and for how long, the type of yoga studied, and yoga teaching history, if any.
4. A detailed description of your personal asana and pranayama practice, including how long and how often you practice.
5. A list of the Iyengar yoga books you own.
6. A list of Yoga Workshops you have attended.
7. A list of Teacher Trainings in which you have participated.
8. Any other information you think may be useful in considering your application.

Please understand that this training is incredibly valuable for the serious Iyengar Yoga aspirant, and admission is selective. Therefore we are unable to offer apprenticeship positions to all who may be interested.

Email your application to us (please use "Apprenticeship Application" as subject line) at:

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

## More about Richard Schachtel

**Richard** 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 B.K.S. and Geeta Iyengar for one to 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 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. and Canada have received their training in yoga with Richard. Richard also has a thriving private yoga therapeutic practice, helping students with back, hip, neck, shoulder, wrist, elbow, knee, and foot problems, as well as organic ailments and energy issues.

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 nine 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 operates one of only 29 authorized Iyengar Yoga Teacher Training Programs in the US, and the only authorized Iyengar Yoga teacher trainer in the Seattle area.

Richard first trained in India with B.K.S. Iyengar in 1980 and plans to make his 18th yoga study trip to India in December of 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.



THE CENTER FOR YOGA  
of Seattle

*Where the Art of Yoga is Our Passion*  
**B.K.S. Iyengar Yoga**

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The Center for Yoga of Seattle offers one of only 29 approved Iyengar Yoga Teacher Training Programs in the United States. **Richard** is the only authorized Iyengar Yoga Teacher Trainer in the Seattle Area.