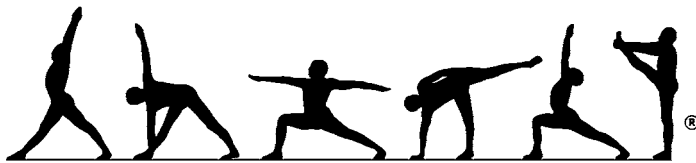


One Month 200 Hour Teacher Trainings July and Sept. 2010
 NEW 1 Year, 200 Hour Teacher Training starts October 2010; Application Deadline September 13, 2010



THE CENTER FOR YOGA
 of Seattle

(206) 526-9642
 www.yogaseattle.com

Now in our 30th Year!

Seattle's only Iyengar Yoga Center

All Intensives and Courses Meet in Ravenna at 2261 NE 65th St.

SUMMER 2010 SCHEDULE JULY 1, 2010 – SEPTEMBER 30, 2010

★ Slow Beginning ★ Level 1: Beginning ★ Level 2: Continuing Beg. ★ Level 3: Intermediate ★ Level 4: Senior Iyengar Students and Teachers.

University Student And Low Income Discounts Full time University students and low income discounts of 20% are available for most of our courses, workshops and intensives with the exception of Teacher Trainings. Please see page 5 for more information.

BEGINNER TWICE A WEEK CALENDAR MONTH COURSES - The Fundamentals Of Iyengar Yoga (RESERVED) SEE PAGE 4 FOR REGISTRATION PROCESS

		JULY		AUGUST		SEPTEMBER	
DAY	Time	Level	Teacher	DATES/ FEES/#SESSIONS	DATES/ FEES/#SESSIONS	DATES/ FEES/#SESSIONS	DATES/ FEES/#SESSIONS
Monday & Wednesday	9:00 AM-10:30 AM	1&2	Kathy	7/7-7/28; \$105 7	8/2-8/30; \$135 9	9/8-9/29; \$105 7	
Monday & Wednesday	6:00 PM-7:30 PM	1&2	Richard	7/7-7/28; \$105 7	8/2-8/30; \$135 9	9/8-9/29; \$105 7	
Tuesday & Thursday	9:00 AM-10:30 AM	1&2	Richard	7/6-7/29; \$120 8	8/3-8/31; \$135 9	9/7-9/30; \$120 8	
Tuesday & Thursday	10:45 AM-12:15 PM	1&2	Tina	7/11-7/29; \$135 9	8/3-8/31; \$135 9	9/7-9/30; \$120 8	

Students who have previously taken regularly from any of these instructors may take only one day of these courses, however they are taught as a twice a week class that progresses. Fees are paid monthly based on a rate of \$16 per class.

CONTINUING TWICE A WEEK CALENDAR MONTH COURSES - (RESERVED) SEE PAGE 4 FOR REGISTRATION PROCESS

Monday & Wednesday	10:45 AM-12:15 PM	2&3	Kathy	7/5-7/28; \$120 8	8/2-8/30; \$135 9	9/8-9/29; \$105 7	
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BEGINNER ONCE A WEEK COURSES MEETING 3-5 WEEKS - The Fundamentals Of Iyengar Yoga (RESERVED) SEE PAGE 4 FOR REGISTRATION PROCESS

***New beginning students can start the first three weeks of any Level 1&2 or Slow Beginning course if the course is not full. Returning Iyengar Yoga students can start any time. All beginner courses start over each session with different material. Courses progress each week of the session.

		JULY		AUGUST		SEPTEMBER	
DAY	Time	Level	Teacher	DATES/ FEES/#WEEKS	DATES/ FEES/#WEEKS	DATES/ FEES/#WEEKS	DATES/ FEES/#WEEKS
SUNDAY	9:30 AM- 11:00 AM	1&2	Carol	7/11-7/25; \$48 3	8/1-8/29; \$80 5	9/12-9/26; \$48 3	
MONDAY	7:40 PM- 9:10 PM	1&2	Edith	7/5-7/26; \$64 4	8/2-8/30; \$80 5	9/13-9/27; \$48 3	
TUESDAY	7:40 PM- 9:10 PM	slow	Laura*	7/6-7/27; \$64 4	8/3-8/31; \$80 5	9/7-9/28; \$64 4	
WEDNESDAY	7:45 PM- 9:15 PM	1&2	Emily (Apprentice Teacher)	7/7-7/28; \$48 4	8/4-8/25; \$48 4	9/8-9/29; \$48 4	
THURSDAY	7:40 PM- 9:10 PM	2	Edith	7/11-7/29; \$80 5	8/5-8/26; \$64 4	9/2-9/30; \$80 5	
FRIDAY	6:00 PM- 7:30 PM	Special Needs	Richard	starts 9/10;	starts 9/10;	9/10-9/24 \$90 3	
SATURDAY	9:00 AM- 10:30 AM	1&2	Julie (Apprentice Teacher)	7/10-7/31; \$48 4	8/7-8/28; \$48 4	9/11-9/25; \$36 4	
SATURDAY	10:45 AM- 12:15 PM	1&2	Angela	7/10-7/31; \$64 4	8/7-8/28; \$64 4	9/11-9/25; \$48 4	

*Angela Mihm will teach the 7:40 PM slow class starting in September through December

INTERMEDIATE IYENGAR YOGA CALENDAR MONTH COURSES MEETING ONCE A WEEK (RESERVED) SEE PAGE 4 FOR REGISTRATION PROCESS

		JULY		AUGUST		SEPTEMBER	
DAY	Time	Level	Teacher	DATES/ FEES/#WEEKS	DATES/ FEES/#WEEKS	DATES/ FEES/#WEEKS	DATES/ FEES/#WEEKS
TUESDAY	6:00 PM- 7:30 PM	2&3	Richard	7/6-7/27; \$64 4	8/3-8/31; \$80 5	9/7-9/28; \$64 4	
THURSDAY	6:00 PM- 7:30 PM	2&3	Richard	7/11-7/29; \$80 5	8/5-8/26; \$64 4	9/2-9/30; \$80 5	
THURSDAY	7:40 PM- 9:10 PM	2	Edith	7/11-7/29; \$80 5	8/5-8/26; \$64 4	9/2-9/30; \$80 5	
FRIDAY	9:00 AM-10:30 AM	2&3	Richard	7/9-7/30; \$64 4	8/6-8/27; \$64 4	9/10-9/24 \$48 3	

SPECIAL NEEDS / THERAPEUTIC YOGA COURSE semi-private class limited to 10 students registration through the office only.

		JULY		AUGUST		SEPTEMBER	
DAY	Time	Teacher	DATES/ FEES/#WEEKS	DATES/ FEES/#WEEKS	DATES/ FEES/#WEEKS	DATES/ FEES/#WEEKS	
FRIDAYS	6:00 PM-7:30 PM	Richard	starts 9/10;	starts 9/10;	9/10-9/24 \$90 3		

Our weekly therapeutics class is an opportunity for those with various injuries, ailments and imbalances to learn highly specialized and individualized therapeutic yoga sequences to affect an improvement in their condition. For students with back, knee, shoulder, or neck problems; organic or nervous system ailments; hypertension or low energy issues. Richard studies therapeutic yoga each year for 1-2 months with BKS and Geeta Iyengar in India. The class is limited to only 10 students. For those unable to make this Friday afternoon time, or for those needing more intensive individual instruction, Richard works privately with students as well. Richard's private lessons are \$125, per hour. Registration for the therapeutics class can be made online or through the office. Reservations for private lessons are made through the yoga center office. Single class try-outs may be available to book starting Tuesday afternoon provided the course is not full. These are for those who are interested in joining the rest of the Friday sessions for that month, or for the following month. Single sessions are \$45 and are reserved through the yoga center office. There are no refunds or credit for canceling lessons and there are no make-ups for missing lessons.

NEW SPECIALTY COURSES 4 - 5 Week Courses now on Tuesdays

PRANAYAMA FUNDAMENTALS	TUESDAYS	6:00 PM-7:30 PM	Richard	7/6-7/27	4 sessions	\$64
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The meditative, subtle practice of Pranayama, the yoga art of breath control is calming, quietly invigorating and refreshing. The class includes relaxation practices to prepare the mind and body for Pranayama, instruction for developing a good posture for practice and techniques of developing your breath and concentration. Regular practice develops ones energy reserves.
 Prerequisite: 4 months of Iyengar Yoga or one intensive

ALL AROUND YOGA PRACTICES	TUESDAYS	6:00 PM-7:30 PM	Richard	8/3-8/31	5 sessions	\$80
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Learn how to combine poses in your yoga practice from all categories and have a balanced yoga practice session. Each class will include some standings, backbends, forward extensions, inversions, and twists.
 Prerequisite: 4 months of Iyengar Yoga or one intensive

INCREASING YOUR SKILL AND UNDERSTANDING OF USING PROPS IN YOGA PRACTICE COURSE A	TUESDAYS	6:00 PM-7:30 PM	Richard	9/7-9/28	4 sessions	\$64
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Appropriate and intelligent use of props is a sign of maturity and a higher skill level in the practice of yoga postures. Course will include instruction on using wall ropes, backbend benches, the broad bridge poses benches and many common props used in Iyengar yoga. Prerequisite: 4 months of Iyengar Yoga or one intensive

DROP-IN YOGA CLASSES

As of January 1, 2010 we discontinued offering purely drop-in classes. After 29 years of offering these type of classes, we have concluded that reserved space commitment courses are a better way to develop the student's skill level, awareness, and dedication to advancing in Iyengar Yoga. Reserved classes are also a better use of the teacher's skills. That being said, yoga students who have been in a particular level course in our program for at least one month have EARNED DROP IN PRIVILEGES and can drop in on any once or twice a week reserved class at that level or lower for \$20. Drop-ins are not allowed at our 4 day a week intensive courses. Please note that every month we have a fair number of free classes on our website, and in this schedule on page 5, that prospective students can attend to sample Iyengar Yoga or one of our teachers. If the student does not sign up for the course, the single class is free. If the student decides to sign up for the course, the trial class is included in the course fee. Make-ups are available for all courses except Intensives. Visitors from outside the Seattle area should call the office about class availability.

INTENSIVE COURSES 1-4 WEEKS MEETING 4 DAYS PER WEEK - 5:30-6:45 AM, 6:30-8:30 AM, 7:00-8:30 AM, & 4:30-5:50 PM - Levels 1&2, and 2&3.

Three-Tier Pricing for Intensives.

NEW 5:30 AM Intensives	Tier 1: the regular fee for intensives. The 7:00am Intensive is \$224. The regular price for the 5:30am and 4:30pm Intensives is \$208. When holidays occur during an Intensive, fees are reduced appropriately.	Tier 2: Fee for low-income/unemployed/university or high-school students (\$179 for the 7:00am intensive and \$166 for the 5:30am and 4:30pm Intensives).	Tier 3: Fee for brand new students to the Center or for students who have taken no more than one drop-in class is \$160. Tier 3 is an incentive for students to begin yoga with Iyengar yoga at the Center. Starting yoga with Iyengar yoga can be one of the most fortuitous decisions to make.
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June 29-July 2 (Tues-Fri)	July 5-29 (Mon-Thurs)	July 6-29 (Mon-Thurs)	July 6-30 (Tues-Fri)	August 2-26 (Mon-Thurs)	August 2-26 (Mon-Thurs)
Course R - Richard 6:30 AM-8:30 AM Level 2&3 Fee: \$80 Low Inc./Univ. Std.: \$64 New to Center: \$60	Course LL - Megan 4:30 PM-5:50 PM Level 1&2 Fee: \$208 Low Inc./Univ. Std.: \$166 New to Center: \$99	Course S - Megan 5:30 AM-6:45 AM Level 1&2 Fee: \$195 Low Inc./Univ. Std.: \$156 New to Center: \$99	Course T - Richard 7:00 AM-8:30 AM Level 1&2 Fee: \$224 Low Inc./Univ. Std.: \$179 New to Center: \$99	Course U - Megan 4:30 PM-5:50 PM Level 1&2 Fee: \$208 Low Inc./Univ. Std.: \$166 New to Center: \$160	Course V - Megan 5:30 AM-6:45 AM Level 1&2 Fee: \$208 Low Inc./Univ. Std.: \$166 New to Center: \$160
August 3-27 (Tues-Fri)	Aug. 31-Sept. 3 (Tues-Fri)	Sept 7-30 (Mon-Thurs)	Sept 7-30 (Mon-Thurs)	Sept 7-Oct 1 (Tues-Fri)	Oct 4-28 (Mon-Thurs)
Course W - Richard 7:00 AM-8:30 AM Level 2&3 Fee: \$224 Low Inc./Univ. Std.: \$179 New to Center: \$160	Course X - Richard 6:30 AM-8:30 AM Level 2&3 Fee: \$80 Low Inc./Univ. Std.: \$64 New to Center: \$60	Course Y - Megan 5:30 AM-6:45 AM Level 1&2 Fee: \$195 Low Inc./Univ. Std.: \$156 New to Center: \$150	Course Z - Megan 4:40 PM-5:50 PM Level 2&3 Fee: \$195 Low Inc./Univ. Std.: \$156 New to Center: \$150	Course A - Richard 7:00 AM-8:30 AM Level 1&2 Fee: \$224 Low Inc./Univ. Std.: \$179 New to Center: \$160	Course B - Megan 5:30 AM-6:45 AM Level 1&2 Fee: \$208 Low Inc./Univ. Std.: \$166 New to Center: \$160

10 CLASS PER WEEK IMMERSIONS MEETING 4 or 5 DAYS A WEEK Now 12 progressive levels of advancement

One week immersions are for those who are serious about learning or advancing in Iyengar Yoga, who can attend an intensified four or five day program. We now have 12 progressive levels of 4-5 day immersions. Level 1&2 Week 1 is the most basic and Level 3 Week 4 is the most advanced. Each course can be taken many times, and students must be ready for the more advanced Level 2&3 courses. For those brand new to Iyengar Yoga it is highly recommended to start with course Level 1&2 Week 1. Those with 10 recent Iyengar Yoga classes can start with course Level 1&2 Week 2. At least 15 recent classes to take Week 3; 20 recent classes for Week 4. For the Level 2&3 Immersions, you must meet the requirements for Level 2&3 Courses on page 4.

July 5-9	July 12-16	July 19-23	July 26-30
Course Level 1&2 Week 1 Iyengar Yoga Fundamentals	Course Level 1&2 Week 2 Iyengar Yoga Fundamentals	Course Level 1&2 Week 3 Iyengar Yoga Fundamentals	Course Level 1&2 Week 4 Iyengar Yoga Fundamentals

Fee: \$250. Low Income \$210. CLASS TIMES for LEVEL 1&2: Monday 4:30 PM-5:50 PM & 6:00 PM-7:30 PM; Tuesday 7:00 AM-8:30 AM & 4:30 PM-5:50 PM; Wednesday 7:00 AM-8:30 AM, 4:30 PM-5:50 PM & 6:00 PM-7:30 PM; Thursday 7:00 AM-8:30 AM & 4:30 PM-5:50 PM; Friday 7:00 AM-8:30 AM

IMMERSION SCHEDULE CONTINUES ON PAGE 2

QUESTIONS? Please feel free to call us at (206) 526-9642 or come by the office at 2261 NE 65th Street, Monday - Friday from 12:30 p.m. - 4:30 p.m., or e-mail us at info@yogaseattle.com and we are happy to answer any questions you might have on our programs.

FINDING THE CENTER FOR YOGA IN RAVENNA

The Center for Yoga of Seattle is located in Seattle's Ravenna Community at 2261 NE 65th Street. We have a spacious 2,500 square foot studio, fully equipped for yoga classes. Exit Interstate 5 northbound on the



Ravenna Blvd. and NE 65th St. exit. Proceed north 2 blocks and turn right on NE 65th St. Go east 14 blocks — we are located on the south side of the street just east of Ravenna Interiors. Free on-street parking is plentiful nearby. We are one block east of Bagel Oasis, The Herbalist and Zeke's, on the opposite side of the street, and 3 doors down from Ravenna Interiors. 23rd

Avenue NE is the nearest cross street.

DATES TO REMEMBER

July 6–31 One Month Immersion 200 Hour Yoga Teacher Training

Sept 7–Oct 2 One Month Immersion 200 Hour Yoga Teacher Training

Sept 13th Deadline for application for 1-Year, Weekend Teacher Training

University Student Discount

A discount is available for full-time, currently enrolled university or high school students taking 10 or more hours. It is also available for full-time trade or vocational school students. A 20% discount is given for all weekly reserve space and drop-in classes, and short 2- to 4-hour workshops regardless of the number of courses taken. For special student discount for intensives, see Tier 2 pricing on page 1. This student discount is not available for weekend guest workshops or teacher training, and cannot be combined with any other discounts we offer.

Low Income Discount

If you are currently unemployed and experiencing financial difficulties or have a low income, you may take the same 20% discount for our once a week and twice a week or drop in classes, described at left for University students. We appreciate that this privilege not be abused when there is no financial hardship. For our intensives we offer a special low income/unemployed/university student discount. See page one under Tier 2. This discount cannot be combined with any other discounts we offer.

Work for Study Opportunities

From time to time, the Center offers work for study opportunities for sincere students. Exchanges work best when a student has been in our program as a paying student for some time, and knows the value of what we offer. The following are some areas we may have open to work trades: gardening, cleaners for the Ravenna Center, office work (talking to students about our program and sending out brochures 2-4 hours per week at regularly scheduled times), mat washing, experienced painters, electrical work, plumbing, carpentry, data entry. Please be sensitive to the fact that we often cannot offer work exchanges to all who may be interested.

One to One Individual Yoga Sessions:

may be arranged with our staff through the office. They may cover some of the following areas: how to practice with a back problem, shoulder, neck or knee injury, or organic ailment. One on one lessons can also be used to get started in yoga especially where the student has some concerns about the ability to practice. See also Richard's semiprivate monthly yoga therapeutics class described on page 1, which requires an individual session with Richard and his permission to enter.

Because of the popularity of private sessions, the large studio may be shared between two individual sessions, each with one teacher working with one student.

Private sessions with Richard are \$125 per hour and \$250 for two hours, and with our other staff \$70 per hour or \$105 for 1.5 hours

Join Our E-mail List. Make the Yoga Center one of your contacts.

If you would like to receive e-mail with Yoga Center news, reminders of special events and a link to our new quarterly schedule, please send us an e-mail and we will place you on this list. In the subject line, please put "e-mail list." Please put info@yogaseattle.com as one of your contacts to prevent e-mail sent by the Center from being misidentified as spam. Due to space limitations, we cannot list all of the information on our workshops, teacher training program and newsletter in the quarterly schedule. Our e-mail address is info@yogaseattle.com.

Lodging Needed for Out-of-Town Yoga Teachers & Students

The Center for Yoga of Seattle is a National Teacher Training Center as well as a local and regional B.K.S. Iyengar Yoga Center. Many times per year we offer Teacher Training Courses and 10 Class Per Week Immersions with students coming from other parts of the U.S., Canada, Europe and Asia. If you have extra room in your house and can host an out-of-town guest, we would appreciate it. You would be paid \$30 per night, per person, and cooking is not required. For more information, please call the office.

Yoga Center News:

Special Thanks To The Historic University Theatre

And Wing-It Productions for the use of their theatre where we held *Iyengar Yoga At The Movies*, a fundraising afternoon when 2 film were shown: *A Leap Of Faith*, a life story of Yogacharya BKS Iyengar, and *Samadhi* a short film on BKS Iyengar. Also shown was the 1974 BKS Iyengar yoga demonstration, *The Ultimate Freedom*.

The event raised nearly \$750 towards our second studio fund.

Welcome back Megan Cannon who received training in Iyengar Yoga in June at the Ramamani Iyengar Memorial Yoga Center in Poona India. This was Megan's second yoga study trip to Poona.

Teaching Changes: Emily Eslick who has been studying Iyengar Yoga for the past 6 years has taken over the Wednesday 7:45 pm Beginners Class. She is apprenticing with Richard. Please see her bio on page 6.

Edith has returned to full time work and Megan will be teaching the 4:30 pm intensives. Carol Roscoe who has taught several of the 5:30 am intensives this year has taken over the Sunday 9:30 am Beginners class.

FREE TRIAL BEGINNING IYENGAR YOGA CLASSES

All Classes are held in Ravenna at 2261 NE 65th Street

The perfect opportunity to try out a beginning Iyengar Yoga class. All of these classes are the first class meeting of a 4-6 session beginner course. If you enjoy the free trial class you can register for the full course, which includes the free trial class. Should you decide to sign up for the class, please come prepared with funds to guarantee your space in the remainder of the course.

JULY

Thursday	July 1	10:45 am–12:15 pm
Monday	July 5	4:30 pm–5:30 pm
Monday	July 5	7:40 pm–9:10 pm
Tuesday	July 6	5:30 am–6:45 am
Tuesday	July 6	7:00 am–8:30 am
Tuesday	July 6	9:00 am–10:30 am
Tuesday	July 6	7:40 pm–9:10 pm (slow/gentle)
Wednesday	July 7	9:00 am–10:30 am
Wednesday	July 7	6:00 pm–7:30 pm
Wednesday	July 7	7:45 pm–9:15 pm
Saturday	July 10	9:00 am–10:30 am
Saturday	July 10	10:45 am–12:15 pm
Sunday	July 11	9:30 am–11:00 am

Tina Schwennicke
Megan Cannon
Edith Sze Savadove
Megan Cannon
Richard Schachtel
Kathy Moore
Laura Sargent
Kathy Moore
Richard Schachtel
Emily Eslick (Apprentice Teacher)
Julie Tegeder (Apprentice Teacher)
Angela Mihm
Carol Roscoe

AUGUST

Sunday	August 1	9:30 am–11:00 am
Monday	August 2	5:30 am–6:45 am
Monday	August 2	9:00 am–10:30 am
Monday	August 2	4:30 pm–5:30 pm
Monday	August 2	6:00 pm–7:30 pm
Tuesday	August 3	9:00 am–10:30 am
Tuesday	August 3	10:45 am–12:15 pm
Tuesday	August 3	7:40 pm–9:10 pm (slow/gentle)
Wednesday	August 4	7:45 pm–9:15 pm
Saturday	August 7	9:00 am–10:30 am
Saturday	August 7	10:45 am–12:15 pm

Carol Roscoe
Megan Cannon
Kathy Moore
Megan Cannon
Richard Schachtel
Richard Schachtel
Tina Schwennicke
Laura Sargent
Emily Eslick (Apprentice Teacher)
Julie Tegeder (Apprentice Teacher)
Angela Mihm

SEPTEMBER

Tuesday	September 7	5:30 am–6:45 am
Tuesday	September 7	7:00 am–8:30 am
Tuesday	September 7	9:00 am–10:30 am
Tuesday	September 7	10:45 am–12:15 pm
Tuesday	September 7	7:40 pm–9:10 pm (slow/gentle)
Wednesday	September 8	9:00 am–10:30 am
Wednesday	September 8	6:00 pm–7:30 pm
Wednesday	September 8	7:45 pm–9:15 pm
Saturday	September 11	9:00 am–10:30 am
Saturday	September 11	10:45 am–12:15 pm
Sunday	September 12	9:30 am–11:00 am
Monday	September 13	7:40 pm–9:10 pm

Megan Cannon
Richard Schachtel
Richard Schachtel
Tina Schwennicke
Angela Mihm
Kathy Moore
Richard Schachtel
Emily Eslick (Apprentice Teacher)
Julie Tegeder (Apprentice Teacher)
Angela Mihm
Carol Roscoe
Edith Sze Savadove

To reserve a space for a free trial yoga class please email your request to info@yogaseattle.com or call us at (206) 526-9642.

For all classes, please wear shorts and a T-shirt or non-baggy leggings.

You will need to be barefooted for the classes.

Visiting Seattle from out of town?
Call or e-mail our office for class availability

(206) 526-9642
info@yogaseattle.com

4-Week Teacher Training Immersions in 2010

July 6–August 1 and September 7–October 2

2 Opportunities for 4 Action-Packed Weeks in Seattle

July 6–Aug 1, 2010 **5th Annual** Summer Immersion 200 Hour Yoga Alliance Approved Teacher Training

STARTS ON TUESDAY No class 7/11, 7/18, 7/25
Trainer

with Richard Schachtel, Certified Iyengar Yoga Teacher and Authorized Iyengar Yoga Teacher

Please see description of Fall Immersion below or our web site for more information.

Sept 7–Oct 2, 2010

no class 9/12, 9/19, 9/26
Trainer

Fall Immersion 200 Hour Yoga Alliance Approved Teacher Training

with Richard Schachtel, Certified Iyengar Yoga Teacher and Authorized Iyengar Yoga Teacher

Receive a full 200 hour yoga teacher training in an action packed 24 days this fall!

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) and attend almost all of the class hours, 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.



The course will give practical and theoretical training needed to help become a yoga teacher in the Iyengar Tradition. The schedule is rigorous, meeting 6 days a week and will consist of classes in understanding, practicing and teaching Iyengar Yoga Asana, Pranayama, Iyengar Yoga Theory, Yoga Philosophy, Esoteric Yoga Anatomy, Student Teaching, Ethics, Business Practices and more.

The one month training is an excellent preparation for assessment for qualified Iyengar Yoga students, however, graduates will not be Certified Iyengar Yoga Teachers until they complete a required minimum number of years of exclusive practice and teaching of Iyengar Yoga, obtain recommendations by intermediate or advanced Iyengar Yoga Teachers, and complete a 3 step examination process, and more. Each country's requirements may vary.

Classes meet between 7 AM – 7:30 pm on certain days, 9 am – 7:30 PM and 3 – 8 on Saturdays.

Space is limited and students are admitted on a first come, first served basis. Application is not required.

Tuition: \$2,700. or with payment plan \$3,200 total. Option A: Full payment of \$2,700 tuition; Option B: payment of the \$2,200 tuition balance (after payment of \$500 deposit); or a signed letter authorizing Option C: 13 monthly payments to a valid Visa or Mastercard account of \$200 each and concluding with a 14th payment of \$100.

Early Registration is \$2,400 if paid in full by August 7, 2010; or \$2,300 if paid in full by July 7, 2010. *A limited number of partial tuition reduction scholarships are available for low income & assets students who meet our 2 part application process. To qualify, students must provide financial documents and write an essay.*

Please see our web site www.yogaseattle.com for more information, refund and cancellation policy. Early registration is advised. A \$500 non-refundable deposit will hold a space until July 7, 2010 when balance of tuition will be due.

NEW One Year Iyengar Yoga Teacher Training and In Depth Study Program

More complete information is available on our website.

For Those Who Want To Teach And For Those Who Want To Deepen Their Personal Practice



Leading to a Yoga Alliance 200 Hour Registry

Starts October 2, 2010

A 200 Hour Yoga Alliance Approved Training

Meets Saturdays and Sundays

1:00 pm–7:00 pm

and some Saturdays 3–8 pm July 2011

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

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

OVERVIEW OF THE PROGRAM

We have redesigned our Yoga Teacher Training Course so that it so that it can be completed over one calendar year. The program is designed to appeal to those who want to learn more about the 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 needing continuing education, guidance, inspiration and feedback. 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 teacher education program in the Northwest. 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.

Graduates will receive a certificate of completion from The Center For Yoga of

Seattle and will be able to be listed with Yoga Alliance as a 200 hour yoga Teacher in their international registry. This course can help significantly towards preparing students for the Iyengar yoga assessment process.

Space is limited and applications are due no later than September 13, 2010. There is no fee to apply. If accepted, a nonrefundable \$500 deposit is due on September 20, 2010. Please apply early.

Course fees are \$2,700 if paid in full by September 24, 2010. Early registration discount is \$2,400 if paid in full by August 5, 2010 or \$2,300 if paid by July 20, 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.

10 CLASS PER WEEK IMMERSIONS MEETING 4 or 5 DAYS A WEEK *continued from page 1*

August 2-6 (held again October 4-8)	August 9-13 (held again October 11-15)	August 16-20 (held again October 18-22)	August 23-27 (held again October 25-29)
Course Level 3 Week 1 Intermediate Iyengar Practice	Course Level 3 Week 2 Intermediate Iyengar Practice	Course Level 3 Week 3 Intermediate Iyengar Practice	Course Level 3 Week 4 Intermediate Iyengar Practice

FEE: \$250. Low Income \$210. **CLASS TIMES for LEVEL 3:** **Monday** 10:45 AM-12:15 PM; **Tuesday** 7:00 AM-8:30 AM & 6:00 PM-7:30 PM; **Wednesday** 7:00 AM-8:30 AM & 10:45 AM-12:15 PM; **Thursday** 7:00 AM-8:30 AM & 6:00 PM-7:30 PM; **Friday** 7:00 AM-8:30 AM & 9:00 AM-10:30 AM

September 7-10	September 13-17	September 20-24	September 27-October 1
Course Level 2&3 Week 1 Iyengar Continuing & Intermediate Practice	Course Level 2&3 Week 2 Iyengar Continuing & Intermediate Practice	Course Level 2&3 Week 3 Iyengar Continuing & Intermediate Practice	Course Level 2&3 Week 4 Iyengar Continuing & Intermediate Practice

FEE: \$250. Low Income \$210. **CLASS TIMES for LEVEL 2&3:** **Monday** 10:45 AM-12:15 PM & 4:30 PM-5:50 PM; **Tuesday** 7:00 AM-8:30 AM & 4:30 PM-5:50 PM; **Wednesday** 7:00 AM-8:30 AM, 10:45 AM-12:15 PM & 4:30 PM-5:50 PM; **Thursday** 7:00 AM-8:30 AM & 4:30 PM-5:50 PM; **Friday** 7:00 AM-8:30 AM & 9:00 AM-10:30 AM

CLASS LOCATION: All classes are held in Ravenna at 2261 NE 65th St. (nearest cross street is 23rd Ave. N.E.) See Map on Page 5

MORE INFORMATION ABOUT 1-4 WEEK INTENSIVES

These early morning and afternoon courses are a terrific way to learn the basic series of postures and to make outstanding and rapid progress in flexibility, strength and stamina. Since we introduced Seattle to the intensive/immersion approach to learning yoga in 1988, these courses have become the mercedes of our program. The Level 1&2 Intensives are specially designed for beginning students who are 1) brand new to Yoga in general or to the Iyengar method in particular; or 2) those who are not practicing yet on a daily basis and want to use the course to learn how daily practices are performed and want to accelerate their progress. ENROLLMENT IS STRICTLY LIMITED AND MANY BEGINNER INTENSIVES HAVE FILLED IN THE PAST, AT TIMES WITH LONG WAITING LISTS. Students can retake the Level 1&2 many times. The Level 2&3 Intensives begin where the Level 1&2 Intensive ends. They are for students who have taken a 4-week Intensive, or for those who have been practicing Iyengar Yoga for at least 4 months with a teacher. Level 2&3 Intensives have a faster pace, poses are held longer, and are more cardiovascular and strength oriented than Level 1&2. More subtlety in your practice and understanding how to use the basic props is presumed. For those who can take back-to-back Level 1&2 and Level 2&3 Intensives, the combination is very powerful.

TO REGISTER FOR INTENSIVES AND COURSES: Full prepayment is necessary to secure a space in one of the courses. See page 4, **Registration Procedures for all Programs, no. 1 A-D**, to register through our web site's secure server, over the phone, by mail, or drop off at the Ravenna Center.

YOGA WORKSHOPS AND SPECIAL EVENTS – early registration is advised

We have 5 convenient ways to preregister for these workshops and trainings.

Register 1) through our website www.yogaseattle.com using a credit card on our secure server, or 2) over the phone anytime using Visa or Mastercard at (206) 526-9642 following the procedure on page 4 no. 1B, or 3) by mail using the form on back enclosing payment in the form of check, money order, Visa or Mastercard, or 4) by dropping off your sealed registration and check or credit card information at the Ravenna Center's mail slot at 2261 NE 65th St., or 5) at the door prior to the workshop (except no at-door registrations for 5 Day or 4 Week Teacher Trainings.) Unless otherwise indicated, workshops are open to all.

Cancellation and Refund Policy for 2- and 3-hour workshops with staff instructors (10 Class Per Week Immersions, and 5 Day, 4 Week and 2 Year Teacher Trainings, and Therapeutics classes have their own cancellation policy detailed later in the schedule and on our website.)

If you cancel your space prior to 12 noon on the Wednesday before your workshop, you will receive a credit in the form of future classes or workshops for yourself with Staff Instructors at the Center, valid for one year. There is no credit after that time for cancellations. There are no refunds for cancelling.

July 6-10, 2010

5-Day Yoga Teacher Training

Tues. thru Sat.

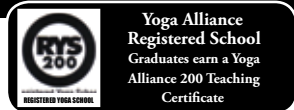
Introduction to Teacher Training in the Iyengar Tradition: How to Teach Beginners

A specialized training for students who are interested in teaching and for beginning teachers. A special focus will be on how to teach beginners. The program will include instruction each day on understanding, teaching and practicing the basic standing poses, forward bends, inversions, back arches, sitting poses and restoratives. **These 27.5 hours can be used toward the Yoga Alliance 200 Hour Registry.** This training is also excellent preparation for the 1 Year Teacher Training starting in October, 4 Week July or September 2010 or 2011 Teacher Trainings. *For those without a strong background in Iyengar Yoga, seriously consider taking the 10 class per week immersions or a twice or 4 time a week beginners course. Completion of these courses is not a requirement for admission.* For information on the 10 Class Per Week Immersion, see lower portion of page 1. Please register early as this program will have attendees from around North America and is nationally publicized.

Fee: \$595. No refunds.

Iyengar Yoga Teacher Trainings & In-Depth Study Classes

Weekend Iyengar Yoga Teacher Trainings: In Depth Study Classes



with Richard Schachtel Iyengar Yoga Association of the United States authorized Iyengar Teacher Trainer

July 10, 2010 *Shoulderbalance, Plow and Supported Bridge*

Saturday 3:00 pm-6:00 pm or 3:00 pm- 8:00 pm

Fee: \$60 for 3:00-6:00; \$100 for 3:00-8:00. Early Registration Fee: \$45 for 3:00-6:00; \$75 for 3:00-8:00, if paid by Wednesday, July 7th at 2pm.

July 17, 2010 *Headbalance independently and supported and Head of the Knee Forward Extension*

Saturday 3:00 pm-6:00 pm or 3:00 pm- 8:00 pm

Fee: \$60 for 3:00-6:00; \$100 for 3:00-8:00. Early Registration Fee: \$45 for 3:00-6:00; \$75 for 3:00-8:00, if paid by Wednesday, July 14th at 2pm.

July 24, 2010 *Preliminary Backarches: Upward Dog, Camel, and Bow Pose*

Saturday 3:00 pm-6:00 pm or 3:00 pm- 8:00 pm

Fee: \$60 for 3:00-6:00; \$100 for 3:00-8:00. Early Registration Fee: \$45 for 3:00-6:00; \$75 for 3:00-8:00, if paid by Wednesday, July 21th at 2pm.

July 31, 2010 *Upward Facing Bow Backarch, independent and supported variations*

Saturday 3:00 pm-6:00 pm or 3:00 pm- 8:00 pm

Fee: \$60 for 3:00-6:00; \$100 for 3:00-8:00. Early Registration Fee: \$45 for 3:00-6:00; \$75 for 3:00-8:00, if paid by Wednesday, July 28th at 2pm.

September 11, 2010 *Understanding Props in Iyengar Yoga*

Saturday 3:00 pm-6:00 pm or 3:00 pm- 8:00 pm

Fee: \$60 for 3:00-6:00; \$100 for 3:00-8:00. Early Registration Fee: \$45 for 3:00-6:00; \$75 for 3:00-8:00, if paid by Wednesday, September 8th at 2pm.

September 18, 2010 *Forward Bending in Standing Poses, Inversions & Sitting*

Saturday 3:00 pm-6:00 pm or 3:00 pm- 8:00 pm

Fee: \$60 for 3:00-6:00; \$100 for 3:00-8:00. Early Registration Fee: \$45 for 3:00-6:00; \$75 for 3:00-8:00, if paid by Wednesday, September 15th at 2pm.

September 25, 2010 *Backward Bending*

Saturday 3:00 pm-6:00 pm or 3:00 pm- 8:00 pm

Fee: \$60 for 3:00-6:00; \$100 for 3:00-8:00. Early Registration Fee: \$45 for 3:00-6:00; \$75 for 3:00-8:00, if paid by Wednesday, September 22nd at 2pm.

October 2, 2010 *Inversions, Restoratives and Pranayama*

Saturday 3:00 pm-6:00 pm or 3:00 pm- 8:00 pm

Fee: \$60 for 3:00-6:00; \$100 for 3:00-8:00. Early Registration Fee: \$45 for 3:00-6:00; \$75 for 3:00-8:00, if paid by Wednesday, September 29th at 2pm.

Register for In Depth Study Classes online at www.yogaseattle.com or through the Center for Yoga office. Refund and cancellation policy on page 2

The hours from any of these In-Depth Study Classes can accumulate toward the Yoga Alliance 200 Hour Registry

September 7-11, 2010

5-Day Yoga Teacher Training

Tues. thru Sat.

Introduction to Teacher Training in the Iyengar Tradition: How to Teach Beginners

A specialized training for students who are interested in teaching and for beginning teachers. A special focus will be on how to teach beginners. The program will include instruction each day on understanding, teaching and practicing the basic standing poses, forward bends, inversions, back arches, sitting poses and restoratives. **These 27.5 hours can be used toward the Yoga Alliance 200 Hour Registry.** This training is also excellent preparation for the 1 Year Teacher Training starting in October, 4 Week September 2010, or July or September 2011 Teacher Trainings. *For those without a strong background in Iyengar Yoga, seriously consider taking the 10 class per week immersions or a twice or 4 time a week beginners course. Completion of these courses is not a requirement for admission.* For information on the 10 Class Per Week Immersion, see lower portion of page 1. Please register early as this program will have attendees from around North America and is nationally publicized.

Fee: \$595. \$545 if paid by August 7th. No refunds.

November 1-30, 2010

1 Month Yoga Teacher Training in Goa, India

This teacher training has been postponed until a suitable facility can be obtained.

2010-2012 Iyengar Yoga Apprenticeship Program **Richard Schachtel**

Apprentices would meet 1-5 times per week from the following possible times

See our website www.yogaseattle.com for complete information

Mon & Wed 6:00 pm-7:30 pm; Tues & Thurs 9:00 am-10:30 am;
Tues through Fri 7:00 am-8:30 am (level 1&2 intensives only)

NEW APPRENTICESHIP POSITIONS STARTING IN JULY, OCT AND JAN, 2010

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 five-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. Apprentices are required to attend a regular weekly class with Richard and to take the once or twice a month 3 hour teacher training workshop.

Fees: 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; Five classes per week for 13 weeks: \$950. *Tuition for regular yoga classes and the monthly teacher training are additional.*

THE CENTER FOR YOGA OF SEATTLE: Studying at a Professional Yoga Studio

ABOUT OUR PROGRAM *NOW IN OUR 30TH YEAR!*

The Center for Yoga of Seattle is one of the leading yoga Institutions in the Northwestern United States. Last September the Center began celebrating its 30th anniversary year, making it the second-longest operating yoga program in the Northwest. What makes the Center special is that we teach B.K.S. Iyengar Yoga and that its instructors are current in the study and practice of this form of yoga. They have studied directly with the Iyengars or their longtime students and are serious practitioners of yoga as well as down to earth, real human beings. Richard Schachtel, the Director of the Center, spends two months a year personally training with the Iyengar family in India.

Iyengar Yoga is one of the most influential yoga methods in the world today with certified teachers found in most industrialized countries. B.K.S. Iyengar, the 91-year-old genius who developed the Iyengar yoga system was listed by Time Magazine as one of the 100 most influential people in the world in its 2004 special edition. B.K.S. Iyengar is the author of the classic texts *Light on Yoga* (the bible for yoga practitioners of many traditions), *Light on Pranayama*, *Light on the Yoga Sutras of Patanjali*, and *Light on Life*.

The highlights of Iyengar Yoga include: 1) the high level at which Iyengar teachers are trained; 2) the methodical approach employed in Iyengar Yoga to developing the new yoga student's skill, knowledge, ability, and awareness; 3) the precision, or alignment, in doing the poses emphasized by Iyengar Yoga teachers (because Iyengar Yoga is more accurate, it is considered to be the safest form of yoga), 4) the brilliant use of simple props that allow students who are stiffer, injured or misaligned to practice and to improve; and 5) the individualization of instruction to fit each student's abilities. Unlike some forms of yoga where each class is the same, with a fixed

INSTRUCTOR and TEACHER TRAINEE BIOGRAPHIES

Megan Cannon has been an Iyengar practitioner for 12 years and has been teaching for 10. She completed a 2-year apprenticeship with Yoga Northwest's director Ingela Abbot and has studied with many senior Iyengar teachers including Felicity Green, Richard Schachtel, Joan White, John Schumacher and Dean Learner. She studied with Aeja Mobely from Honolulu's Silent Dance Center and plans to return to Poona, India where she will study with the Iyengar family again in June and July of 2010. She believes that when we align our muscles and bones properly we create length and strength in our physical bodies, which in turn creates space in our mental and emotional bodies bringing freedom, harmony, clarity and optimal health. Megan taught private lessons on the Big Island of Hawaii and weekly classes at the Eastside Yoga Shala in Pahoa. She holds a BA in Special Education and is Waldorf Certified. She is the founder teacher of a Waldorf public charter school in Hawaii and will be relocating to Seattle for the summer and possibly longer.

Emily Eslick discovered Iyengar Yoga in 2004 at Yoga Northwest in Bellingham. She found it to be a quiet sanctuary during her busy college years and it continues to be an essential part of her life today. It was a pleasant surprise to find The Center for Yoga of Seattle, and it has been wonderful to begin her journey of becoming a yoga instructor here. She finds yoga complements the other activities she participate in, and she enjoys the positive effects it has on every aspect of her life. She appreciates the focus on alignment and enjoys assisting students in discovering that each pose is within them.

Angela Mihm discovered yoga at the Center for Yoga in Seattle in 2001, but became serious about her practice in 2007 when struggling with shoulder and low back pain. Angela turned to a regular and intentional practice of yoga for relief and is just beginning to discover how much more yoga has to offer. She is currently apprenticing with Richard and participating in the Center's Teacher Training Program. Angela has been a full-time Licensed Massage Practitioner since 2002 and is currently training with the Dispute Resolution Center of Snohomish County to become a Certified Mediator, assisting people in conflict to find mutually satisfying solutions for themselves.

As a yoga teacher, Angela hopes to empower people to change habitual movement patterns by becoming aware of the dynamic and changing nature of their own bodies and exploring their own potential with increased mind-body connection.

Kathy Moore has been studying Iyengar Yoga at the Center for Yoga of Seattle since 2003, where she apprentices with Richard Schachtel and is working towards her Iyengar Yoga Teacher certification. Kathy turned to yoga to rehabilitate a shoulder injury brought on by years of intensive rotator cuff activities such as gymnastics, swimming, Aikido, and playing guitar. This injury had side-lined her career as a musician and guitar teacher, but Iyengar Yoga has enabled Kathy to return to health and her livelihood, performing live with several bands and teaching guitar and piano lessons. Because of her own shoulder rehabilitation experience, Kathy emphasizes arm and shoulder health and injury recovery. She teaches with humor and compassion and loves to share the awareness that a regular yoga practice brings to the body, mind, and spirit. Kathy finds Iyengar Yoga to be a bottomless well of inspiration and knowledge.

Carol Roscoe has been practicing yoga since 1990. After exploring a wide variety of yoga schools, Carol began studying at The Center For Yoga in 2008. She has found her study and practice of Iyengar Yoga to be the most beneficial and transformative method of instruction. She holds a MFA in Classical Acting from George Washington University. Carol is a professional actor and theater director. She teaches for Cornish College of the Arts and for various theaters around the city. Carol trains in the monthly Teacher Training program and apprentices with Richard.

Laura Sargent has studied with Richard Schachtel since 1997. She has also participated in workshops with other nationally renowned yoga instructors such as Gabriel Halpern, William Prottegnier, Glenn Kawana and Laurie Blakeney. Laura completed the Center for Yoga of Seattle's Yoga Teacher Training Program and began teaching in 1999. Laura attended 2007 National Iyengar Yoga Convention in Nevada taught by Geeta Iyengar. Because of her own physical challenges, Laura is sensitive to beginners and continuing practitioners who perceive themselves to be limited in flexibility and strength. In August 2008 Laura gave up her position of many years as a clinical instructor for the UW Department of Speech and Hearing Sciences specializing in teaching graduate students to be Speech and Language Pathologists to enroll in the UW Doctor of Physical Therapy program starting Autumn Quarter 2008.

Edith Sze Savadove came to the practice of yoga with a background in Asian dance and theater and a lifelong love of movement. She has an MFA in Asian

sequence, courses at the Center for Yoga of Seattle develop over the term of the course (week-by-week for a weekly class or day-by-day with our Intensives) so that the students can appropriately practice according to their current level of development. In other words, we practice more advanced poses or practice in a more sophisticated way as we naturally improve.

The Center offers 5 different levels of instruction taught through structured 3 - 7 week sessions meeting anywhere from once a week to 4 times as week. In addition to regular weekly courses and early morning and late afternoon intensives, the Center offers special weekend workshops, and instruction in Pranayama, the yoga art of breathing. Our very popular yoga therapeutics classes and individual sessions, allow those with injuries and medical concerns learn how Iyengar yoga can help in rehabilitation and recovery. Drop-in courses are also offered on weekends for added flexibility.

The attentive and regular practice of Iyengar Yoga postures and breathing exercises are empowering self-help tools for building and maintaining vibrant health and fostering a feeling of inner balance and attunement. It combats stress; increases energy; improves concentration and focus; makes one more aware of the body and how to treat it well; can provide relief for back and neck problems; and develops a quality of mindfulness. A vital healthy body, a sound mind, and confidence in our abilities are our greatest wealth. The Center for Yoga of Seattle is a welcoming place for the novice beginner as well as the dedicated student of yoga. The staff are dedicated, caring, and supportive teachers and practitioners of yoga who wish that you can enjoy the benefits of yoga practice. You are welcome to join us. If you have any questions or concerns, don't hesitate to call us at (206) 526-9642, Monday through Friday between 12:30 am and 4:30 pm.

Performance from the University of Hawaii, where she studied classical and contemporary theater and movement including Japanese, Balinese, and Chinese disciplines. She lived for 7 years in Japan where she was a disciple of traditional dance and theater. Edith has been studying Iyengar yoga since 2000. She started her teacher training with Richard at The Center for Yoga of Seattle in 2004, and is in her 7th year of apprenticing with Richard. Edith has been teaching since 2005. She became a certified Iyengar yoga instructor at the Introductory level in August 2009. Edith regularly takes workshops with senior Iyengar yoga instructors in the United States including Dean and Rebecca Learner, Joan White, and Chris Saudek. She attended the Iyengar National Convention in Nevada with Geeta Iyengar in May 2007, and has recently returned from studying with Geeta and Prashant Iyengar at the Iyengar Yoga Institute in Poona, India in February 2010.

Edith enjoys the enlightening process of physical, mental, and spiritual discovery that develops with an ongoing yoga practice. Through her detailed teaching of the physical poses, Edith endeavors to help students discover the many ways in which yoga can enrich their lives.

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 1-2 months each year with B.K.S. and Geeta 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. and Canada have received their training in yoga with Richard. Richard has a thriving private practice in yoga therapeutics; working with students with injuries and health issues through yoga.

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 operates one of only 29 approved Iyengar yoga teacher trainings in the United States and is the only authorized Iyengar Yoga teacher trainer in the Seattle area. Richard is an E-RYT 500 hr yoga teacher with Yoga Alliance and is authorized to give 200 hour Yoga Alliance Teacher Training Programs. He currently gives these trainings in Seattle and in Goa, India.

Richard first trained in India with B.K.S. Iyengar in 1980 and made his 18th yoga study trip to India 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 and is the city's most experienced yoga teacher in therapeutics.

Tina Schwennicke was introduced to yoga in 1992 while living in Northern California and became a dedicated disciple of Iyengar Yoga in 1999 when she began studying at the Center for Yoga of Seattle. Tina has a lifelong passion for dance ranging from classical ballet to street style. She has now completed 4 years of the yoga teacher training program and is currently an apprentice of Richard's. Tina has taught in the community for the last 3 years. Tina has also taken workshops with several senior Iyengar instructors. Tina enjoys yoga for its unifying affect on the mind and body and sees yoga as an integral part of an active lifestyle. Tina recently gave birth to her second child in September 2009 and will resume teaching in January. Tina has recently studied with Geeta and Prashant Iyengar at their Institute in Poona, India in August 2008.

Julie Tegeder has been practicing yoga for well over a decade. Julie was first introduced to Iyengar yoga by Patty Drusel all the way up in Edmonton, Canada. Despite trying many other methods over the last decade, she has always felt a connection with the Iyengar method. Truly, the Iyengar seed planted by Patty Drusel continues to grow in Julie. Over the years yoga has become an essential part of her life. Despite being busy working as a Sign Language interpreter, training for road races, and caring for her family, Julie has always found the time to develop her yoga ability. She is especially grateful to have found the Center for Yoga in 2006 and for the journey she is now on to become a certified Iyengar instructor. Julie studies and apprentices with Richard and trains in the weekend teacher training program. She is teaching the Saturday class as a teacher trainee.

Please print or type

4 Ways to Preregister enclosing full payment — for details see page 4, number 1, under registration procedures

- 1) On-line on our web site's secure server at www.yogaseattle.com**
- 2) By Telephone**
- 3) By Mail or 4) Drop Off Registration using VISA, Master Card, check or money order**

NAME(S) _____ PHONE/Day _____ PHONE /Eve.

MAILING ADDRESS _____
Street _____ City _____ Zip code _____

E-MAIL ADDRESS _____

Reserved Space Course(s), Intensives, Workshops and Teacher Trainings you are signing up for:

First Choice

Intensive Course #, Weekly Class or Workshop; Day; Time/Dates/Fee/Location

Second Choice

Intensive Course #, Weekly Class or Workshop; Day; Time/Dates/Fee/Location

1. _____

2. _____

_____ **SUBTOTAL**

_____ Full Time University Student or Unemployed experiencing financial difficulty discount of 20% as explained on page 5.

_____ **TOTAL FEE** Enclosed is my check or money order in full payment payable to the Center for Yoga of Seattle,

or please charge my Visa Master Card Signature _____

Account No. _____

Exp. Date _____

Ph: (206) 526-9642

Check here if you would like us to call or e-mail you to confirm your space(s).
We will call you if the courses, intensives or workshops you requested are already full.

Mail to: **The Center For Yoga of Seattle**
2261 N.E. 65th St., Seattle, WA 98115-7066

EXPLANATION OF LEVELS AND VARIETY OF PROGRAMS OFFERED

Please read the descriptions of the class levels carefully. To be in any level beyond Level 1&2, it is essential to have the specific knowledge, experience and developed skill in the Iyengar System of Yoga. Each week's lesson, or each successive day of an intensive, is based upon the previous week or day's class so that all of our reserved courses progress throughout the month or 4- to 9-week series. We do not teach yoga as a mechanical routine, rather each successive lesson helps the student to refine their awareness and to work with increasing precision, depth, subtlety and sensitivity even in the beginner courses. Lessons toward the end of the courses will be more advanced but will be appropriate for the level of the group. All of our instructors have the skills to adjust the practice to each student regardless of physical condition. Please, however, sign up for an appropriate level course so that we can work to help develop your practice. For more information about the special qualities of the Iyengar System of Yoga and the Center, please see the last page "ABOUT OUR PROGRAM."

SLOW-PACED BEGINNING: The slower-paced yoga class is designed for those who have limited flexibility and strength; are coming back to exercise after recovering from injuries; and/or have areas of their bodies that give them discomfort. The focus of the class is to make the fundamental poses of yoga accessible through preparatory work and the use of props. The benefits of this class include creating space, ease of movement, strength and flexibility in the body with the ultimate goal of moving into a regular beginning yoga class.

LEVEL 1&2 – THE FUNDAMENTALS OF IYENGAR YOGA: Our Level 1 & 2 classes emphasize the fundamentals or basics that lay the foundation for a safe, intelligent, and more powerful future practice. These Level 1&2 classes teach the basic standing poses, sitting postures and beginning inversions. All students new to Iyengar yoga must begin in these classes. *Classes taught by teacher trainees allows students learning to teach to develop their teaching skills. These classes are offered at a lower price.*

LEVEL 1 – BEGINNING IYENGAR YOGA: Level 1 students are those just starting out learning Iyengar yoga.

LEVEL 2 – CONTINUING IYENGAR YOGA: Level 2 students have some experience in Iyengar yoga and are developing their abilities and their understanding of yoga practice. *We have added some Level 2 only classes. Those new to Iyengar Yoga should begin with Level 1&2 classes only and not the Level 2 classes regardless of previous non-Iyengar Yoga experience.*

LEVEL 2&3 – CONTINUING IYENGAR YOGA & INTERMEDIATE IYENGAR YOGA: Courses for those who have completed an Iyengar Yoga Intensive (or at least 4 months of Iyengar Yoga classes) and are ready for more challenging and powerful practice. More inversions are practiced, backbends are introduced, and poses are held longer. Knowledge of the standing poses, shoulderstand and plow is presumed as well as experience in using props.

LEVEL 3 – INTERMEDIATE IYENGAR YOGA: Intermediate Iyengar Yoga students have been studying Iyengar Yoga for some time and with increasing dedication, discipline and zeal. They understand how to create alignment in an Asana. They are familiar with most of the standing poses and have good stability, endurance, and extension in them. Intermediate students are very familiar with using props for shoulderbalance, sitting poses and forward extensions. Level 3 classes can be strenuous and poses are often held much longer than in the Level 1&2 classes. Backbends, arm balances, shoulder and headbalance are regularly practiced.

LEVEL 4 – SENIOR IYENGAR YOGA STUDENTS AND IYENGAR YOGA TEACHERS:

These students are our most dedicated yoga students. They have a daily at home practice of asana and often pranayama, attend many of our weekend workshops and are often in our teacher training and apprenticeship programs.

NEW THERAPEUTIC SEMI-PRIVATE YOGA CLASSES (see page 1)

WHAT TO WEAR AND WHAT TO BRING

Please eat lightly if you need to eat before class. Ideally allow 3-4 hours after a large meal before attending. We prefer that students wear non-baggy clothing that enables your knee joints to be visible. Bare feet are essential. We specifically recommend either footless leggings and a T-shirt, or shorts and a T-shirt. It is not necessary to bring equipment as The Center is fully equipped.

REGISTRATION PROCEDURES, MAKE-UPS AND CLASS POLICIES FOR RESERVED SPACE YOGA COURSES AND WORKSHOPS

Reserved space yoga courses are highly structured, commitment type yoga courses so that progress in the students' understanding and development can occur. Students must preregister and prepay in advance for their space in each of these courses, ideally at least one week before the course begins. Earned drop-in privileges (those taking single classes) are allowed **only** if you meet the strict standards listed under no. 11 below and are not available for our intensives. For those visiting Seattle from out of the Puget Sound area, please call our office about availability. Reserved space courses are limited in size. *We have a gorgeous 2,500 square foot studio in Ravenna with a beautiful hardwood floor and abundant natural light. The studio is fully equipped for yoga classes.*

Registration Procedures for All Programs:

1) Full prepayment is necessary in order to reserve a space in our program. We have 4 convenient ways to preregister.

A) **On our Web site's Secure Server at www.yogaseattle.com.** Using VISA or Master card, you can register for everything we offer.

B) **Phone** in your registration any time with your Visa or Master card number, following this procedure:

Call our 24-hour message number (206) 526-9642 and leave the following information after the beep tone:

I. Please spell out the name of the person taking the class and your name as it appears on your credit card.

II. Leave your full account number *and expiration date*.

III. Please indicate which course(s), intensive(s), immersion(s), workshop(s), Practice Week(s) or Teacher Training Intensive(s) you are registering for and when you would like to start.

IV. Leave your day & evening phone numbers, e-mail and the mailing address of your credit card statements.

V. Specify which alternate course(s), intensive(s), workshop(s), Practice Week(s) or Teacher Training(s) you could attend if your first choice is full.

C) **Mail** us your completed registration form (page 6) including Visa or Master card number or a personal check or money order.

D) **Drop by** with your sealed registration and check or credit card information and place in the mail slot to the left of our front door at the Center for Yoga of Seattle in Ravenna at 2261 NE 65th St.

2) We will contact you as soon as possible if the courses you requested are already full. If you would like us to call or e-mail you to confirm your registration, please mention this on your registration form (check the box requesting confirmation) or in your phone message.

3) **Courses are now 4 to 5 weeks in length.** If you are new to the Iyengar System of Yoga, please make sure to start no later than the third class meeting for our 4 to 5 week courses meeting once or twice per week. The last day to join an Intensive as a beginner is the 5th class meeting. *Returning students who have taken a course previously can rejoin that level course at any time.*

4) **Students joining a class late** may choose to pro-rate the fee or take make-up classes (see #6, 7 & 8 on this page). Web site registrations are charged the full fee – call to arrange a pro-rated fee at (206) 526-9642.

5) It is the Yoga student's responsibility to let the Center know if they qualify for a discount. Any differences in fees will be credited toward future classes and will not be refunded. If you are registering on-line, there is a box where you can give such information.

Make-up Policy For Once & Twice A Week Courses

6) **Students are fully responsible for their attendance. Make-ups are \$5 per class and are permitted (subject to restrictions outlined below in #7) at a comparable level course, but not at an Intensive or Special Needs class. One make-up is allowed per two class meetings (example 4 makeups for an 8 session course.) The \$5 make up fee is payable to the instructor when a make-up is taken.**

7) Make-ups are subject to the following restrictions:

- 3 to 5-week calendar month courses and twice a week courses must be completed during the same calendar month as the course for which you are registered and cannot be made up in the next calendar month.
- No make-ups can be taken at Intensives, Special Needs classes, Workshops, or Pranayama courses.
- Students should make up at the same level as their regularly scheduled class or at a level slightly below their regular class level, but not at a higher level.

Make-up Policy for Intensives.

8) Intensive students are allowed to make-up classes at other intensives, as well as at once and twice a week reserved courses. No make ups at the Special Needs class. The cost per each make-up is \$5 per class and is payable to the instructor. The last day to make-up a class is the last scheduled day of the intensive the student is enrolled in. The number of make-ups that one can take is 6 per intensive, and students cannot make-up at a higher level course than one has taken in the past, or is currently taking.

Make-up Policy for Special Needs/Therapeutics Class.

9) There are no make-ups for missed special needs/therapeutics classes.

10) CANCELLATIONS, MISSED CLASSES AND REFUND POLICY

There are no extensions or credit to future months' classes for missed lessons. If you need to cancel your space in a course, call or e-mail the Center immediately and leave a message giving your name and phone number(s) identifying which course you are dropping. 100% Credit in the form of class credits will be given from the point you notify us that you are dropping to the end of the once or twice weekly course or intensive. Class credits will be good for a period of 1 year toward future courses or intensives for the same person and cannot be used for drop-in classes, private lessons, guest instructor's workshops, retail purchases or gift certificates. *We do not give refunds for dropping out of, or cancelling from any course. No exceptions will be made.* A refund will be given only if the courses you request are full for the month for which you are seeking admission, or are cancelled by the Yoga Center.

Cancellations from private (1-1) yoga sessions require a minimum of 24 hours notice to receive credit toward another private class. No refunds are given.

11) The Center for Yoga of Seattle does not carry medical insurance for its students. Students must be covered by their own family insurance policies, and if injury occurs, the student's own policy is his/her only source of reimbursement.

12) Earned Drop-in Privileges

If you have completed a course *in our program*, you can drop-in on a once or twice a week course of that level without a reservation and pay the higher drop-in fee of \$20 (\$16 for the class taught by a teacher trainee on Saturdays). Low income and students can drop-in for \$16 (\$14 for teacher trainee taught class). *No one is permitted to drop in on an early morning or afternoon intensive course, however.*

13) If you are coming for your first time to one of our classes, please arrive 10-15 minutes early. If you are waiting for an earlier class to end that is practicing relaxation, please refrain from talking near the studio as this disturbs the students in the prior class. *Welcome to our program!*