



THE CENTER FOR YOGA
of Seattle

**NEW! 5-Day Iyengar Yoga
Teacher Training Intensive**
Learning to Teach the Fundamentals of Iyengar Yoga

September 7 – September 11, 2010
Tuesday-Saturday

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 2010 200-Hour Teacher Trainings in May, July, September, & November, 2010.

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

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 29th 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*

Tuesday: 7:00 -8:30 am, 9:00 -10:30 am, & 2:30 -4:30 pm
Wednesday: 7:00 -8:30 am, 2:30-4:30 pm, & 6:00-7:30 pm
Thursday: 7:00- 8:30 am, 9:00-10:30 am, 2:30 -4:30 pm
Friday: 7:00 -8:30 am, 9:00-11:00 am, & 1:00 -3:00 pm
Saturday: 3:00-8:00pm

Daily schedule is subject to change.

Cost: \$595---Early registration is \$545 if paid in full by August 7, 2010.

Enrollment is limited — Register early!

Where the Art of Yoga is Our Passion

2261 NE 65th Street, Seattle WA 98115
www.yogaseattle.com ☐ info@yogaseattle.com
(206) 526-YOGA (9642)
(continued on reverse)



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(continued from reverse)

Registering Pre-registration and full pre-payment are required for enrollment. You may register online at 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.

2010 Teacher Training Opportunities With Richard Schachtel

August - October, 2010
3-Hour Teacher Training & Advanced
Studies 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.

September 7-October 2, 2009
200-Hour Fall Immersion

October 2, 2010 ONE-YEAR 200-Hour
Training on Saturdays & Sundays

For more information
(206) 526-9642

info@yogaseattle.com
www.yogaseattle.com

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 Pune, 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.