

NEW DISCOUNT PRICE UNTIL FEB 20th!



THE CENTER FOR YOGA

of Seattle

Limited enrollment

Registration is now open

April 2012-April 2013

One Year Weekend Iyengar Yoga Teacher Training & In-Depth Practitioner Training Program

For those who want to teach and for those who want to build and deepen their personal practice

With Richard Schachtel

Certified Iyengar Yoga Teacher

Director of The Center for Yoga of Seattle, Authorized Iyengar Yoga Teacher Trainer

Certification Assessor for the BKS Iyengar Yoga Association of the USA

The Seattle area's only Authorized Iyengar Yoga Teacher Training Program

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

Saturday & Sunday Nov 17 & 18 1-7pm
Saturday & Sunday Dec 1 & 2 1-7pm

Save dates 2012

Saturday & Sunday Dec 8 & 9 1-7pm

2013 Dates:

Saturday March 9 3-8pm
Saturday March 16 3-8pm
Saturday March 23 3-8pm
Saturday March 30 3-8pm

Save dates 2013

Saturday & Sunday Jan 12 & 13 1-7pm
Saturday & Sunday Jan 26 & 27 1-7pm
Saturday & Sunday Feb 9 & 10 1-7pm
Saturday & Sunday Feb 23 & 24 1-7pm
Saturday & Sunday April 6 & 7 1-7pm
Saturday & Sunday April 20 & 21 1-7pm

Projected topics:

- Developing a good personal practice
- Understanding the fundamentals of BKS Iyengar's Yoga System
- Learning the Basics and Subtleties of Standing Poses, Inversions, Forward & Backward Extensions, Sitting poses, Twists & Restoratives, point by point
- Teaching Methodology: What and how to teach, Developing the Arts of Demonstration, Instruction, Observation & Correction
- Developing a pranayama practice.

- How to create Proper Alignment in Every Pose (*Why alignment, choice of poses, and sequencing are keys to yoga practice*)
- Develop your understanding of practicing with Props: When, Why & How (Why simple props can make yoga accessible to more students and give you more accurate and stable poses.)
- Sequencing Fundamentals-of classes & courses
- Developing Your Eye as a Teacher
- Learning to deal with common student complaints: low back pain, shoulder, knee and hip challenges, neck stiffness, tension & anxiety, low energy
- Anatomy for Yoga
- Yoga Philosophy
- Women's Yoga
- Ethics of Teaching
- Preparation for Iyengar Yoga Certification & More!



A 200 hour Yoga Alliance Approved Training

Course meets:

12 Saturdays 3-8:00pm **PLUS**
Saturdays and Sundays 1-7:00pm

2012 Dates:

Saturday & Sunday April 14 & 15 1-7pm
Saturday & Sunday April 28 & 29 1-7pm
Saturday & Sunday May 19 & 20 1-7pm
Saturday & Sunday June 9 & 10 1-7pm
Saturday & Sunday June 23 & 24 1-7pm
Saturday July 14 3-8pm
Saturday July 21 3-8pm
Saturday July 28 3-8pm
Saturday August 4 3-8pm
Saturday September 8 3-8pm
Saturday September 15 3-8pm
Saturday September 22 3-8pm
Saturday September 29 3-8pm
Saturday & Sunday Oct 13 & 14 1-7pm
Saturday & Sunday Oct 27 & 28 1-7pm
Saturday & Sunday Nov 10 & 11 1-7pm

OVERVIEW OF THE PROGRAM

If you are interested in learning more about yoga practice and perhaps teaching yoga someday, or are currently teaching and want to improve your teaching skills, you might consider enrolling in this unique training. What makes this training different from others offered in the Seattle area is that it is entirely based upon Iyengar Yoga. Other programs may require studying of Iyengar yoga books, or say they are teaching Iyengar Yoga Asana, but this is the only authorized training in Iyengar yoga in the Seattle area. Know the difference!

Iyengar Yoga is considered the Gold Standard of yoga systems. It has developed over the past 70 plus years by BKS Iyengar, author of *Light on Yoga*, *Light on Pranayama*, *Light on The Yoga Sutras of Patanjali*, and *Light on Life*.

Some of the hallmarks of Iyengar Yoga are the quality in the way the yoga is practiced, the emphasis on creating well-aligned poses full of life, the subtle attention to detail which makes the yoga practice more beneficial and safer, inward, and meditative, the development of strength as well as flexibility, the skillful use of props to protect the student from practicing imbalanced poses, and overstretching. The practice is a bringing to life of Patanjali's Yoga Philosophy. Perhaps most important is the high standard of teaching skills of those trained in Iyengar Yoga who go on to become Certified Iyengar Yoga Teachers.

Yoga is indeed a subject requiring a lifetime of study and practice. This one year training gives the fundamentals for a life rich in yoga. **Many Seattle area Yoga Teachers have taken teacher training from Richard.**

Most important four things for those taking this training:

1. Aim to make all or most of the weekend sessions. There will be an opportunity to make up the hours missed in other teacher trainings.
2. Make it a priority to take at least one class per week from an instructor who is teaching Iyengar Yoga (exceptions for those who because of distance cannot take an Iyengar Yoga Class.)

3. Practice what you learn in the weekend trainings at home.
4. Keep up with the homework assignment readings.

STRUCTURE OF THE PROGRAM:

1. Iyengar Yoga Teacher Trainings are very much practice oriented. Simply put, those planning to teach Yoga Asanas, will need to be able to do those poses well. *You do not need to be an advanced practitioner to be in the course.* Almost everyone taking the training and practicing at home will experience a marked improvement in their yoga practice. Teacher training days are fun and often exhilarating, with students learning new poses, new ways of practicing, and making breakthroughs. Their eye will develop as their understanding of what makes for a good yoga pose, and what common misalignments they should look for. *Many students take this training to become more proficient in yoga, to learn more about the practice of the amazing Iyengar Yoga system. They appreciate the extra attention to their yoga practice that they receive in this training, and their mind opens to many possibilities of avenues to advancement.*

2. The in-depth study of each pose will be supplemented by lectures, discussions, and audiovisual teaching materials on the subjects of Anatomy For Yoga, Yoga Teaching Methodology, Iyengar Yoga Therapeutics, Yoga Philosophy, Understanding the Teacher/Student Relationship, Ethics of Teaching Yoga, the Business of Yoga.

3. There will be many opportunities to practice teaching. Your ability to calmly receive valuable feedback from the instructor and your peers is essential.

4. Required Books to own and study:

Light on Yoga by B.K.S. Iyengar

Yoga: A Gem for Women by Geeta S. Iyengar

Yoga in Action: Preliminary Course by Geeta S. Iyengar

Light on Pranayama by B.K.S. Iyengar

Light on the Yoga Sutras of Patanjali by B.K.S. Iyengar

Light on Life by B.K.S. Iyengar

There are other books that Richard highly recommends owning and studying. This list will be given out at the first class meeting.

Additions may be made throughout the training.

5. The Center for Yoga of Seattle is a Yoga Alliance Registered Yoga School. Students who complete all homework assignments, attend 100% of the weekend hours, and pass take-home quizzes will be qualified to register with Yoga Alliance to be Yoga Alliance Registered 200-hour Teachers, as well as receive a certificate of completion of the 200-Hour Yoga Teacher Training Course from the Center for Yoga of Seattle.

6. Teacher Training hours missed can be made up during the length of the course and for a one year period after the last class meeting in Richard's other teacher training courses. No exceptions beyond the one year period and no make-ups at other course types.

7. This course can be excellent preparation for formal Iyengar Yoga certification assessment when supplemented by regular classes and/or weekend workshops and suitable home practice. There are other specific requirements to be allowed to go for assessment in addition to taking this course.

8. Students must sign an agreement acknowledging that they are not Iyengar Yoga Teachers nor are they certified Iyengar Yoga Teachers; they are yoga teachers who are studying with or have studied with a Certified Iyengar Yoga Teacher, and will not advertise that way unless and until they pass the first two National Iyengar Yoga Exams. Students may, however, teach yoga, provided they are ready to teach but they may not call their classes Iyengar Yoga.

9. Graduates of the program can apply to Apprentice with Richard at one or several of his ongoing beginner classes. Apprentices learn how beginner courses are designed and modified as new members join, and develop skills in demonstrating poses, and in making corrections. *Spaces are extremely limited.* Fees are \$80 per month and apprenticeships last 12-24 months.

The structure of the program is subject to change and revision.

COURSE FEES & PAYMENT OPTIONS

A \$500 nonrefundable deposit will hold a space in the program. The remaining balance of \$1,495 is due on February 20, 2012. You can register on The Center's Website at www.yogaseattle.com or through the Center's office. After February 21, 2012 the total course fee is \$2,400.

The training is open to all who are sincere about learning more about Iyengar Yoga and are willing to go through the process of learning how to practice with inner sensitivity and to develop their understanding of the practice experientially.

Space is limited in the program. Please register early.

Taken the 4 week or 13-17 Month Teacher Training before?

You can retake the course for 50% off!! \$1,200 if paid by Jan 16; \$1350 thereafter; or 12 monthly payments of \$125 per month.

Refund/Cancellation policy: There are no refunds for canceling your space in the course or portions thereof. There is no credit toward other programs offered by The Center for Yoga of Seattle nor retail items.

PAYMENT PLAN - OPTION

For those unable to pay the full tuition before the start of the course, a monthly payment plan is available. Students will need to make a nonrefundable \$500 deposit to hold their space in the program. A legal contract will be drawn up promising twelve monthly payments of \$200 per month to be charged to a valid Visa or Mastercard. Monthly payments will begin on April 1, 2012.

A limited number of *partial* tuition reduction scholarships are available for this course for low income and low assets students who meet our 3 part application process. The students will still need to pay the bulk of the tuition for the course.

1. Application includes submission of last 2 years of Federal Income Tax Statements.
2. Submission of an essay describing your involvement in yoga and why you should be considered for a partial scholarship.
3. An interview may be required either over the phone, or in person, prior to the award of a partial scholarship.
4. If you would like to apply for one of these scholarships, please email our office at info@yogaseattle.com to begin the process.

Instructor Bio:

Richard Schachtel has taught yoga in Seattle for over 30 years and is a Certified Iyengar Yoga Teacher. As part of his commitment to keep up his training, Richard studies almost every year for 1-2 months with Geeta and BKS Iyengar at their renowned Institute in Poona, India, where he receives training in Asana (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 on Americans Certified Iyengar Yoga Teachers in 1984. Today Richard enjoys teaching all levels of students including beginners, and has a particularly strong interest in Therapeutic Yoga. In 2010 he completed a 3 year training on the therapeutic uses of Iyengar Yoga Asana and Pranayama in San Francisco. He conducts a weekly Special Needs Yoga Class and works privately with students on a full range of issues.

Richard has been giving teacher trainings in the Seattle area since 1986 and today students come from many parts of the world for his 4 week teacher training immersions offered in Seattle several times a year. He also trains teachers through his apprenticeship program. This is an invitation only program for those studying with him on a regular basis who also are enrolled in, or completed one his teacher training programs.

Richard has taught weekend workshops in many areas of the US, and has taught in Australia. He has been on the teaching staff at several Iyengar National Conventions, and is one of the approximately 60 Assessors for the Certification Committee of The BKS Iyengar Yoga Association of the US. He operates one of only 29 Authorized Iyengar Yoga Teacher Training Programs in the US.

Richard first trained with BKS Iyengar in India in 1980. He has now made 19 yoga study trips to work closely with the Iyengar family at their renowned institute in Poona, India, most recently in December of 2010. Richard founded The Center For Yoga of Seattle in 1980 and continues to serve as its director. Richard believes yoga is for everyone and a

very good teacher is one who has the skills to help a wide range of students. **Richard is the Seattle area's most senior teacher of Iyengar Yoga and one of The Northwest's most experienced and influential yoga teachers. Richard operates the longest running Teacher Training program in the Northwestern United States.**