

2009 200-Hour Iyengar Yoga Teacher Training and In-Depth Studies Course

13-Month Program*



15 Weekends Starting September 12, 2009

LIMITED ENROLLMENT. APPLICATION DEADLINE: AUGUST 17, 2009

with *Richard Schachtel*

Certified Iyengar Yoga Teacher • Director of the Center for Yoga of Seattle
Certification Assessor for the BKS Iyengar Yoga Association of the US

The Seattle Area's Only Authorized Iyengar Yoga Teacher Training Program

A Yoga Alliance Approved Training

Meets Saturdays & Sundays 1:00 pm–7:00 pm

WEEKEND DATES

Dates in 2009: September 12–13, 2009; September 26–27, 2009; October 10–11, 2009; October 24–25, 2009. Also, save the dates of: November 14–15, 2009 and January 23–24, 2010

Dates in 2010: February 13–14, 2010; February 27–28, 2010; March 13–14, 2010; March 27–28, 2010; April 10–11, 2010; April 24–25, 2010; May 8–9, 2010; May 22–23, 2010; June 5–6, 2010; June 26–27, 2010 and September 11–12, 2010. Also, Save the dates of: September 25–26, 2010; October 9–10, 2010; October 23–24, 2010 and November 6–7, 2010

*The program will complete in 13–15 months depending if weekends need to be rescheduled. Keep in mind that during the 2007–2009 training, only one of the first 10 weekends needed to be rescheduled.

206-526-9642

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.

4 Suggested Plans for Completion

Plan 4 ★ Platinum

(most recommended)

the 15 weekend training plus taking 4 of Richard's classes a week for the duration of the training plus observing 1-4 of Richard's classes per week.

cost \$5,700

Plan 3 ★ Gold

the 15 weekend training plus taking 4 classes per week with Richard every other month alternating with 2 classes per week the other month plus observing 1-4 of Richard's classes per week.

cost \$5,200

Plan 2 ★ Silver

the 15 weekend training plus taking 2 classes per week with Richard plus observing 1-4 of Richard's classes per week.

cost \$4,200

Plan 1 ★ Bronze

(recommended for those residing outside the immediate Seattle area)

the 15 weekend training outlined above. No additional classes.

cost \$2,700

OVERVIEW OF THE PROGRAM

Our next group of teacher training students start their Formal 200-hour teacher training September 12, 2009. The purpose of this 200-hour, 15-weekend training is to help the next generation of Iyengar yoga students develop teaching skills, start teaching, and eventually become fully certified as Iyengar yoga teachers, for which a national exam is required. Graduates of the program will earn the Yoga Alliance Registry at the 200 hour level and a Certificate of Completion of the Training from The Center For Yoga of Seattle.

This teacher training is also beneficial for those currently teaching who want to hone their teaching and practice skills and increase their knowledge of Iyengar yoga. Serious yoga students who want to learn more of the highly influential BKS method of Iyengar Yoga are also welcome to apply.

The program meets on pre-arranged weekends over a 13–15 month period to allow those who work full time and those living at some distance from Seattle to attend.

Richard Schachtel has been conducting teacher training in the Iyengar tradition in Seattle since 1986. He is a close student of Geeta and BKS Iyengar with whom he trains in India for 1-2 months—Richard made his 17th trip to India December 2007 and January 2008. 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.

Teaching yoga in a professional manner is one of the most rewarding and challenging jobs. Our Iyengar yoga teacher training programs have evolved in response to the growing need for qualified instructors in the field of yoga.

You may be just getting your first teaching position and realize how little real training you have. You may have taught for some time and have become acutely aware of how difficult yoga teaching really is — you may have many important questions. You may be required by your local Y, health club or community college to have a certificate as evidence of training. You may be an experienced teacher who is committed to enhancing your knowledge and skills. Or, you may simply want to improve on your own personal yoga practice. 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.

GETTING INTO THE PROGRAM

Prospective students must apply and be accepted into the program in order to register. There is no charge to apply. Space is limited and students are admitted on a rolling admissions policy. **The deadline for applications is August 17, 2009.**

The qualities Richard is looking for in prospective students are:

1. Dedication to BKS Iyengar Yoga. How long have you studied this method of yoga, from whom and what is your yoga practice like? Do you have an established home practice? If yes, for how long and what do you practice?

2. Your ability to take instruction and receive feedback from the instructor and fellow peers. You will be frequently teaching others, so your ability to calmly receive constructive criticism and feedback is essential.

Attendance at a class taught by Richard may be required as part of the selection process. There is an additional charge for this and these appointments are booked through the Yoga Center office.

Applications are available online at www.yogaseattle.com

STRUCTURE OF THE PROGRAM

1. The Iyengar Yoga Teacher Training is practice oriented. Students (and teachers) must learn how to practice the poses correctly. They must develop a daily asana practice and later a Pranayama practice. Students must submit daily practice logbooks each month. Students must practice a minimum of one hour of yoga postures at least six days per week, gradually increasing to 90 minutes by the end of the training. Pranayama instruction will be given, and, toward the last six months of the training, students will be required to gradually practice relaxation and Pranayama for up to 30 minutes several times per week.

2. Students need to study regularly with a Certified Iyengar Yoga Teacher (Teacher Training Weekends do not count for this.) Ideally, this is through a weekly class or, if this is not possible, through weekend workshops or other means where the student studies in-person with a Certified Iyengar Yoga Teacher. Richard offers many weekend workshops throughout the year which allow students to learn more about the Iyengar method of yoga. See the website under workshops for current information. Some applicants without a solid Iyengar Yoga background may be required to attend one or more of these trainings.

3. Regular reading homework assignments will be given on yoga philosophy, anatomy, and Iyengar Yoga methodology and technique from which open book take home tests will be given. There will be an opportunity to retake all tests not passed. Each weekend session will include talks and discussions on some of the following topics: yoga philosophy, anatomy, student teacher relationship, teaching methodology, ethical issues of teaching, and more.

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.

4. The Center for Yoga of Seattle is a Yoga Alliance Registered Yoga School. Students who complete all homework assignments, attend 90% 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.

5. This course can be excellent preparation for formal Iyengar Yoga assessment when supplemented by regular classes and/or weekend workshops and suitable home practice. There are other requirements such as teaching Iyengar Yoga for at least 2 years, without mixing in other styles of yoga, and more.

6. 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.

7. The program, which starts September 12, 2009, will admit no more than 35 students. Feel free to call the office for more information, but please, no email inquiries. Our office hours are listed on the home page at www.yogaseattle.com. Richard will personally return your call if he is in the US.

8. You need to save the following weekend dates in case any weekends require rescheduling: November 14–15, 2009; January 23–24, 2010; September 25–26, 2010; October 9–10, 2010; October 23–24, 2010 and November 6–7, 2010.

9. Weekend dates & themes are subject to change.

10. The structure of the program is subject to change and modification.

11. Richard also gives two other 200 hour Yoga Alliance approved trainings each year. One is in the tropics in Goa, India (November 1–30, 2009) and in Seattle (July 6–August 1, 2009) Please note that these 2 trainings do not require an application process and applicants are admitted on the basis of when the registrations are received.

PAYMENT OPTIONS

Space is limited and students will be admitted on a rolling admissions basis starting March 9, 2009.

There is no charge for applying.

For those admitted into the program, there are three options for payment.

A. Full payment will accompany the registration within two weeks of acceptance of the program.

B. A \$500 nonrefundable deposit will be made within two weeks of acceptance of the program, followed by full payment of the remaining balance within one month.

For Platinum: \$5,200.

For Gold: \$4,700.

For Silver: \$3,700.

For Bronze: \$2,200.

C. After a \$500 nonrefundable deposit within two weeks of acceptance of the program, a contract for 12 monthly payments to a valid Visa or Mastercard will be drawn to begin the first day of the following month.

The agreement consists of twelve monthly payments in the amount of:

For Plan 4, Platinum; \$450.

For Plan 3, Gold; \$410.

For Plan 2, Silver; \$325.

For Plan 1, Bronze; \$225.

For those selecting Option C, the payment plan option, a signed legal contact is required promising payment of remaining balance. Those selecting Option C, can convert to paying off the remaining balance if done so prior to August 21, 2009.

By August 21, 2009, either the full tuition is due or a deposit and a signed legal contract.

Refund/cancellation policy: There are no refunds for cancelling nor will any credit toward other programs be given for cancellation. Those selecting Payment Option B will still be liable

for any remaining monthly payments if they should elect to discontinue the program.

BUYER BEWARE:

Other trainings may say they are training you in Iyengar yoga asana. This is the only authorized Iyengar Yoga Teacher Training in the Seattle area. Call us if you need clarification on this. Know what real Iyengar Yoga is.

OTHER TRAININGS TO CONSIDER

4-Week 200 Hour Summer Teacher Training Immersion

July 6-August 1, 2009

In Seattle

See our website for more information at www.yogaseattle.com

Applications are available on our website which you can print out and send to us. You can also scan the form to an email and send it to us.

One Month Teacher Training Immersion

November 1–30, 2009

In the tropical paradise of Goa, India



Both Courses
Yoga Alliance Registered School
Graduates earn a Yoga Alliance 200
Teaching Certificate



THE CENTER FOR YOGA
of Seattle

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(206) 526-YOGA (9642)

Richard Schachtel has taught yoga in Seattle for 34 years and is a Certified Iyengar Yoga Teacher. As part of his commitment to keep up his training, Richard studies each year for 1-2 months with Geeta and B.K.S. Iyengar 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., Canada and abroad, have received their teacher training in yoga with Richard.

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 eight 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 is one of only 60 U.S. Iyengar Yoga Assessors. He runs one of only 29 authorized teacher training programs in the United States in Iyengar yoga, and is the only authorized Iyengar Yoga Teacher Trainer in the Seattle area.

Richard first trained in India with B.K.S. Iyengar in 1980 and made his 17th yoga study trip to Poona, India to train with the Iyengars in December 2007 and January 2008. 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.