

2010-2012 2 Year Iyengar Yoga Teacher Training and In-Depth Studies Course

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



15-16 Saturdays or Sundays per year
Starting March 14, 2010

LIMITED
ENROLLMENT.

APPLICATION
DEADLINE:
FEBRUARY 12, 2010

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 Sundays 1:00 pm-7:00 pm
or some Saturdays 3:00 pm-8:00 pm

Weekend dates

2010 Weekend Dates: Sun, Mar 14; Sun, Mar 28; Sun, Apr 11; Sun, Apr 25; Sun, May 2; Sun, May 23; Sun, June 6; Sun, June 27; Sat, July 10; Sat, July 17; Sat, July 24; Sat, July 31; Sat or Sun, Sept 11 or 12; Sat, Sept 18 Save Date; Sat or Sun, Sept 25 or 26; Sat, Oct 2 Save Date; Sun, Oct 10th; Sun, Oct 24th.

2011 Weekend Dates: Sun, Feb 13; Sun, Mar 6; Sun, Mar 20; Sun, Apr 3; Sun, Apr 17; Sun, May 1; Sun, May 15; Sun, June 5; Sun, June 26; Sat, July 9th; Sat, July 16; Sat, July 23; Sat, July 30; Sat or Sun, Sept 10 or 11; Sat, Sept 17 Save Date; Sat or Sun, Sept 24 or 25; Sat, Oct 1 Save Date; Sun, Oct 9 Save Date; Sun, Oct 23 Save Date.

Save Dates in 2012: Sun, Jan 29; Sun, Feb 5th; Sun, Feb 26th; Sun, Mar 11; Sun, Mar 25.

*The program will complete within 25 months of starting.

Students will need to save certain dates for classes that need 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.

OVERVIEW OF THE PROGRAM

We have redesigned our Yoga Teacher Training Course so that it meets on only one weekend day, one or two Sundays or Saturdays per month over a 2 year period. 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 will make his 18th trip to

India 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 on Feb. 12. There is no fee to apply. If accepted, a nonrefundable \$500 is due on Feb. 17, 2010. Please apply early.

Course fees are \$2,700 if paid in full by March 1, 2010. Early registration discount is \$2,400 if paid in full by February 1, 2010 or \$2,300 if paid by December 30, 2009. For those selecting the monthly payment option, the total fees are \$3,200. After a \$500 deposit, monthly payments of \$200 begin March 10, 2010 with the final payment being \$100.

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 February 12, 2010.**

The qualities Richard is looking for in prospective students are:

1. Dedication to and interest in 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. 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 or 4_5 day yoga immersions, 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. 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 and Richard's other workshops. No exceptions beyond the one year period and no make-ups at other courses types.

6. 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.

7. 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.

8. The program, which starts March 14, 2010, will admit no more than 35 students. Feel free to call the office or email the office for more information, however calls are preferred to save time. 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.

9. You need to save the following weekend dates in case any weekends require rescheduling: Sat, Sept. 18, 2010; Sat, Oct. 2, 2010; Sat, Sept. 17, 2011; Sat, Oct 1, 2011; Sun, Oct 9, 2011; Sun, Oct 23, 2011; Sun, Jan 29, 2012; Sun, Feb 5th, 2012; Sun, Feb 26th, 2012; Sun, Mar 11, 2012; Sun, Mar 25, 2012.

10. Weekend dates & themes are subject to change.

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

12. Richard also is giving three other 200 hour Yoga Alliance approved trainings this year. One is in the tropics in Goa, India (Nov. 1-30, 2010) and the others in Seattle (July 6-Aug. 1, 2010 & Sept. 7-Oct. 2, 2010) 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 November 9, 2009.

There is no charge for applying.

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

By February 17, 2010, either the full tuition is due or a deposit and a signed legal contract.

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 received no later than February 17, 2010, followed by full payment of the remaining balance within one month.

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 \$200 and one final payment of \$100.

For those selecting Option C, the payment plan option, a signed legal contract is required promising payment of remaining balance. Those selecting Option C, can convert to paying off the remaining balance if done so prior to February 17, 2010.

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 and Fall Teacher Training Immersions

July 6-August 1, 2010
and Sept 7 -Oct 2, 2010

In Seattle



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

One Month Teacher Training Immersion

November 1-30, 2010

*In the tropical paradise of
Goa, India*

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.



THE CENTER FOR YOGA
of Seattle

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University of Washington*

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(206) 526-YOGA (9642)

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 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. He teaches a weekly therapeutics class. 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 ten 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 approximately 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 makes his 18th yoga study trip to Poona, India to train with the Iyengars in December 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.