

**THE CENTER FOR YOGA**  
of Seattle

***Weekend Iyengar Yoga Teacher Training &  
Advanced Studies Classes***

***April - October, 2009***

***With Richard Schachtel***

*Iyengar Yoga Association of the United States authorized Iyengar Teacher Trainer*

**Certified Iyengar Yoga Teacher \* Director of The Center for Yoga of Seattle**

*All are welcome to sign up for one of these weekend sessions, but Richard's permission is required to attend subsequent sessions. Hours from this session may be applied toward some of the categories of Yoga Alliance's 200 hour registry. Richard is the Seattle area's only authorized Iyengar yoga teacher trainer.*

**Sunday, April 19, 2009**

**3:00 pm-6:00 pm**

*Understanding Tadasana, Utthita Trikonasana and Adho Mukha Svanasana (Mountain Pose, Extended Triangle, & Downward Dog Pose)*

**Fee \$60 (Early registration is \$45 if paid by 2:00pm on Tuesday, April 14th.)**

**Sunday, May 17, 2009**

**3:00 pm-6:00 pm**

*Understanding Utthita Parsvakonasana, Prasrita Padottanasana, and Viparita Karani (extended lateral angle, spread foot intense pose and Inverted Lake)*

**Fee \$60 (Early registration is \$45 if paid by 2:00pm on Tuesday, May 12th.)**

**Saturday, June 13, 2009**

**3:00 pm-6:00 pm**

*Understanding Virabhadrasana II (warrior 2), Rope Dog Poses, and Introduction to Shoulderstand and Half Plow for Beginners*

**Fee \$60 (Early Registration is \$45 if paid by Tuesday June 9th at 2pm.)**

**Saturday, July 11, 2009**

**3:00 pm-6:00 pm**

*Understanding and teaching Salamba Sarvangasana, Halasana and SetuBandha Sarvangasana Supported (Shoulderbalance, Plow, and Supported Bridge)*

**Fee \$60 (Early Registration is \$45 if paid by Tuesday July 7th at 2pm.)**

**Saturday, July 18, 2009**

**3:00 pm-6:00 pm**

*Understanding and teaching Salamba Sirsasana (Headbalance) independently and with support, and Janu Sirsasana (Head of the Knee Forward Extension)*

**Fee \$60 (Early Registration is \$45 if paid by Tuesday July 14th at 2pm.)**

**Sunday, September 13, 2009 *Understanding Warrior I, Intense Side Stretch and Utanasana***

**3:00 pm-6:00 pm**

**Fee \$60. Early Registration is \$45 if paid by Tuesday September 8th at 2pm.**

**Sunday, September 27, 2009 *Arm and Shoulder Work and Backarches in Chair***

**3:00 pm-6:00 pm**

**Fee \$60. Early Registration is \$45 if paid by Tuesday September 22nd at 2pm**

**Sunday, October 11, 2009 *Half Moon, Warrior II, The Big Toe Pose***

**3:00 pm-6:00 pm**

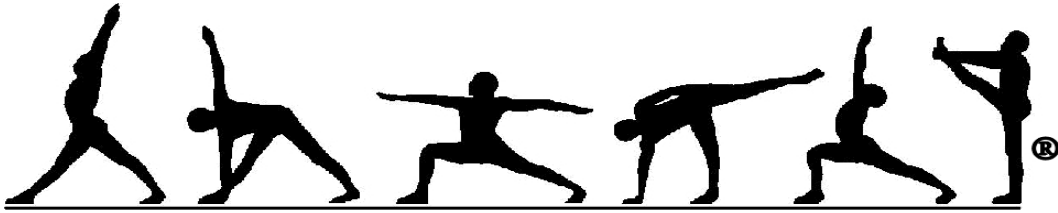
**Fee \$60. Early Registration is \$45 if paid by Tuesday October 6th at 2pm.**

**Sunday, October 25, 2009 *Revolving Triangle, Revolving Half Moon, Revolving Lateral Angle Pose***

**3:00 pm-6:00 pm**

**Fee \$60. Early Registration is \$45 if paid by Tuesday October 20th at 2pm.**

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# THE CENTER FOR YOGA

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## of Seattle

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*Continued from reverse*

*If you cancel your space in a workshop prior to 12 noon on the Wednesday before the 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. For those cancelling after noon the Wednesday before the workshop, no credit will be given. No refunds will be given. Cancellations must be made via phone at 206 526-9642 or e-mail at [info@yogaseattle.com](mailto:info@yogaseattle.com).*

**In these teacher trainings, 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)
- Sequencing yoga classes and yoga courses
- Specific input on how to improve your personal yoga practice (how to take your yoga to the next level)
- Theory of Iyengar yoga development

**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 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 plans to make 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.

**Location:**

The Center for Yoga of Seattle  
2261 NE 65<sup>th</sup> St.  
Seattle, WA 98115

**For more information**

**206 526-9642**  
[info@yogaseattle.com](mailto:info@yogaseattle.com)  
[www.yogaseattle.com](http://www.yogaseattle.com)