Welcome to The Center For Yoga of Seattle

You have come to the right place if you are looking for some exceptional yoga instruction adapted for your personal needs. Yoga is for everyone. Over the past 36 years, The Center for Yoga of Seattle has become well known as a place for those wanting to receive the highest quality yoga instruction in Seattle. Many of the prominent Seattle area's yoga teachers have studied at The Center, or have trained in our Yoga Teacher Training Program with Richard Schachtel, the Director of The Center.

We are the only Center in Seattle that exclusively focuses on teaching lyengar Yoga. Our classes are small, the studio is spacious, our props are abundant, and our instructors are engaging and friendly.

The 3 most important reasons to study at The Center for Yoga of Seattle are:

- We teach lyengar Yoga
- Our highly structured program of reserved series based courses allows our teachers to tailor their lessons so that the student continues to advance their practice and understanding progressively over the length of the course.
 We do offer a limited number of Monthly Class Passes where students can come more frequently at an affordable price (not available for the 4 day a week intensive course.)
- The high quality of teachers at the Center. All of our teachers have been studying lyengar yoga for years.

lyengar Yoga is considered one of the best, if not the best method of yoga available. Iyengar Yoga is a precision alignment system of yoga, a form that can be skillfully adapted to all ages and bodily conditions. Yoga props are often used to prevent overstretching, to give stability, and to increase precision in the practice. Its 95 year old founder, BKS lyengar, was considered to be the World's Foremost Living Yoga Teacher. He is the author of Light on Yoga, Light on Pranayama, Light on the Yoga Sutras of Patanjali, and Light on Life.

Please find out for yourself and sign up for one of our courses.

You can start with a 4 week level 1, level 1&2 course, or a Slower course. These courses meet once a week or for those determined to learn and progress *faster*, a 4 days a week intensive. Make-ups are available for most of our courses. Open Drop-In Classes are available on Saturday and Sunday mornings.

If you need to go slower, have real issues that need to be addressed, please think about our Slow/Gentle class. For those who need more private one-on-one instruction, please consider our Special Needs class or a series of private lessons.

If you have any questions, please call the office at (206)526-9642. We are in the office most weekdays from 10:30am-1:30pm Pacific Time.





Register Online at www.yogaseattle.com or at the door.

Like Us on Facebook or Friend Us on Facebook

Seattle's Pioneering lyengar Yoga Center

2016 SUMMER SCHEDULE- IYENGAR YOGA COURSES

大 Slow Beginning/Gentle 大 Level 1: Beginning 大 Level 2: Continuing Beg. 大 Level 3: Intermediate 大

Full time Univ. Students & Low Income get 20% discounts- **excludes teacher trainings.

Once a Week Monthly Courses					MA	Υ	Jl	JNE	JULY		
DAY	TIME	LEVEL	TEACHER	Class dates /	# classe	FEE es/ Early / Late	Class dates / cla	# FEE asses/ Early -Late	Class # FEE dates / classes/ Early -Late		
MON	9:00-10:30AM	1&2	Laurie	5/2-5/23	3 4	\$64/\$69	6/6-6/27	4 \$64/\$69	7/11-7/25 3 \$48/ \$53		
MON	10:45AM-12:15PM	2&3	Kathy	5/2-5/23	3 4	\$64/\$69	6/6-6/27	4 \$64/\$69	7/11-7/25 3 \$48/ \$53		
MON	6:00-7:30PM	2	Richard	5/2-5/23	3 4	\$64/\$69	6/6-6/27	4 \$64/\$69	7/11-7/25 3 \$48/ \$53		
MON	7:45-9:15PM	1&2	Naomi	5/2-5/23	3 4	\$64/\$69	6/6-6/27	4 \$64/\$69	7/11-7/25 3 \$48/ \$53		
TUES	11:15AM-12:45PM	SLOWER	Kathy S	5/3-5/24	4	\$64/\$69	6/7-6/28	4 \$64/\$69	7/5-7/26 4 \$64/ \$69		
TUES	6:00-7:30PM	1	Richard	5/3-5/31	5	\$80/\$85	6/7-6/28	4 \$64/\$69	7/5-7/26 4 \$64/ \$69		
WED	9:00-10:30AM	1&2	Kristina	5/4-5/18	3	\$48/\$53					
WED	10:45AM-12:15PM	2&3	Kathy	5/4-5/25	5 4	\$64/\$69	6/1-6/29	5 \$80/\$85	7/6-7/27 4 \$64/ \$69		
WED	6:00-8:00PM	Teacher Training	Richard	5/4-5/25	5 4	\$160/ \$165	6/1-1/29	5 \$200/\$205	7/6-7/27 4 \$160/\$165		
THU	9:30-11:00AM	1&2	Dexter	5/3-5/24	4	\$64/\$69	6/2-6/30	5 \$80/\$85	7/7-7/28 4 \$64/ \$69		
THU	11:15AM-12:45PM	SLOWER	Dexter	5/3-5/24	4	\$64/\$69	6/2-6/30	5 \$80/\$85	7/7-7/28 4 \$64/ \$69		
THU	7:45-9:15PM	SLOWER	Kristina	5/5-5/26	6 4	\$64/\$69	6/2-6/30	5 \$80/\$85	7/7-7/28 4 \$64/ \$69		
FRI ***Now	10:00-11:30AM	1&2	man wanden of a	ny I aval 1 g	r2 on \$1	low Rosinning o	6/3-6/24	4 \$64/\$69	7/1-7/29 5 \$80/ \$85		

^{***}New beginning students can start the first three weeks of any Level 1&2 or Slow Beginning course if the course is not full. Returning Iyengar Yoga students can start any time. All beginner courses start over each session with different material. Courses progress each week of the session.

Pay by the last class meeting of the previous month to save \$5 and receive the early registration fee.

Twice a Week Monthly Courses					M	AY		JUI	NE	JULY		
DAYS	TIME	LEVEL	TEACHER	Class dates /	# classe	FEE s/ Early -Late	Class dates /	# classe	FEE s/ Early -Late	Class dates / cl	# asses	FEE Early -Late
TUE&THU	5:30-6:50AM	1&2	Gwen	5/3-5/3	31 9	\$135/\$140	6/2-6/	30 9	\$135/\$140	7/5-7/2	8 8	\$120/\$125
Drop In \$15/class S	lyengar Yo Sat, Sun, Tues or	ga Clas \$20/class f	SS for Thur, Fri		M	AY		JUI	NE		JU	LY

\$15/class	M	AY		JUNE			JULY					
SUN	9:00-10:30AM	1	Bonnie	5/7-5/28	4	\$52	6/5-6/26	4	\$52	7/3-7/31	5	\$65
SAT	9:00-10:30AM	1	Naomi	5/1-5/29	5	\$65	6/4-6/25	4	\$52	7/2-7/30	5	\$65
TUES	7:45-9:15PM	1	Bonnie	5/3-5/31	5	\$65	6/7-6/28	4	\$52	7/5-7/26	4	\$52
THUR	6:00-7:30PM	2	Richard	5/5-5/26	4	\$64	6/2-6/30	5	\$80	7/7-7/28	4	\$64
FRi	6:30-8:00PM	SLOWER	Richard	5/6-5/20	3	\$48	6/3-6/24	4	\$64	7/1-7/29	5	\$80

Intensive courses- Meeting 4 or 5 Days Per Week for 1-4 weeks

Intensive course pricing: The early course fee \$99 increases as we approach the start date of the course. To ensure a low fee, please register NOW.

5/3-5/20 Tue-Fri	7:00-8:30am	6/6-6/24	Mon-Fri	4:30-5:45pm	6/7-6/24	Tue-Fri	7:00-8:30am
Course T: Richard	Level 1	Course U: F	Richard	Level 1	Course V: F	Richard	Level 2
Fee: \$200 3 week course		Fee: \$240			Fee: \$240 3 week cou		
7/11-7/29 Mon-Fri	4:30-5:45pm	7/12-7/29	Tue-Fri	7:00-8:30am			
Course W: Richard	Level 1 & 2	Course X: F	Richard	Level 2			
Fee: \$200 by Fri 7/8 \$240 starting 7/9			by Fri 7/8 starting 7/9				

The Center is located at 2261 NE 65th St. in Seattle's Ravenna Community. 23rd Ave NE is the cross street. Free, plentiful parking on side streets and on NE 65th St. except 7-9am (North side) and 4-6pm Southside.

The Center for Yoga of Seattle *2261 NE 65th St., Seattle, WA 98115 *(206)526-9642

A high quality yoga program with a proven track record featuring lyengar Yoga, highly trained instructors, a structured program where skills can be progressively developed, small classes, large comfortable studio, and a friendly encouraging atmosphere where future instructors choose to train.

lyengar Yoga is known for making yoga accessible to all, for being a precision oriented approach to yoga. Courses range from once a week and the Mercedes of Our Program- the 4 day a week Intensives courses.

Semi Unlimited - Up to 12 Classes a Week Monthly Passes

Semi Unlimited passes are for those who would like to come frequently to classes and accelerate their progress in yoga. Please note: some classes do not meet every month. You can attend these classes:

MONDAY WEDNESDAY I

9:00-10:30am, Lev 1&2 w/Laurie

7:45-9:15pm, Lev 1&2 w/ /Naomi/Richard

TUESDAY

11:15am-12:45pm, Slower w/ Kathy 6:00-7:30pm, Lev 1 w/Richard 7:45-9:15pm, Lev 1 w/ Bonnie

THURSDAY

9:30-11:00am, Lev 1&2 w/ Dexter 11:15am-12:45pm, Slower w/ Dexter 7:45-9:15pm, Slower w/Kristina FRIDAY

6:30-8:00pm, Slower w/Richard

SATURDAY

9:00-10:30am, Lev 1 w/Naomi

SUNDAY

9:00-10:30am, Lev 1 w/ Bonnie

NEW Student price: \$99 per month; CURRENT and returning students: \$135 per month.

Students must show their monthly pass and sign in at each class they attend. There are no refunds, credits or make ups for missed classes. Your pass is not transferable to other people. The pass expires at the month's end.

Additional Workshops and Teacher Trainings

Please remember to check our website frequently for new workshops and teacher trainings

Register through our website www.yogaseattle.com using a credit card on our secure server, or by dropping your sealed registration and check or credit card information in the mail slot box at 2261 NE 65th St. prior to the workshop. (No at-door registrations for 6 Day, 4 Week, or One Year Teacher Trainings.) Unless otherwise indicated, workshops are open to all. In case of inclement weather, please check your email for a message from the Center.

Cancellation/Refund policy: There are no refunds for cancellations. With 72 hour notice of cancellation, a credit will be issued, valid only towards future weekend workshops with CFY staff teachers and valid for 12 months. No exceptions.

May 21, 2016 Saturday 2:00-4:00pm Learning & Beginning 20-30 minute Yoga Practice Sequences for Home

Practice with Richard Schachtel

We will learn and review some of the basic yoga poses and put together some short useful home practice sequences. It is helpful to have taken some yoga classes at The Center but not required.

Fee: \$30 by 5/16 or \$40 thereafter.

May 21, 2016 Saturday 4:30-6:30pm Getting Started and Comfortable with Shoulderstand , Plow and Basic Variations with Richard Schachtel

Regular practice of shoulderstand bestows many benefits including a restoration of energy, relaxation and feelings of calmness and ease. The emphasis will be on how to safely practice these poses. All are welcome except those with serious neck problems.

Fee: \$30 by 5/16; \$40 thereafter

2016 - 2017 Teacher Trainings with Richard Schachtel. See website for details

April 2016-April 2017 NEW One Year WEEKEND Teacher Training and In-Depth Practitioner

Training Program meets Saturdays and some Sundays from 1:00-7:00pm.

Fee: \$2,900. Check online for specials.

May 31, 16-Mar 11, 17 4 Six Day Module Training-9 200 Hour Immersion Teacher Training

Take your teacher training just one week at a time over 8 months.

Fee: \$2,900. Early registration special- View online for details and specials.

May 31-June 26, 2016 4 Week 200 Hour Early Summer Immersion Teacher Training

Fee: \$2,900. Check online for specials.

July 6-July 31, 2016 4 Week 200 Hour Summer Immersion Teacher Training

Fee: \$2,900. Check online for specials.

Sept 6-Oct 1, 2016 4 Week 200 Hour Summer Immersion Teacher Training

Fee: \$2,900. Check online for specials.

EXPLANATION OF LEVELS AND VARIETY OF PROGRAMS OFFERED

Please read the descriptions of the class levels carefully. To be in any level beyond Level 1&2, it is essential to have the specific knowledge, experience, and developed skill in the lyengar System of Yoga. Each Week's lesson, or each successive day of an intensive, is based upon the previous week or day's class so that all of our reserved courses progress throughout the month or 4-9 week series. We do not teach yoga as a mechanical routine, rather each successive lesson helps the student to refine their awareness and to work with the increasing precision, depth, subtlety and sensitivity even in the beginner courses. All of our instructors have the skills to adjust the practice to each student regardless of physical condition.

SLOW PACED BEGINNING is a beginning and continuing yoga class for those who need a class which is slower than our regular beginning Level 1 or 1&2 class. Students in this class may be a little stiffer or weaker, sometimes older but not always, or not in the ocnidtion they would like to be in. They need a class that understands that and adjusts the practice accordingly. Some prospective students may need to take private lessons as this class may be too much for them.

LEVEL 1 & 2 - THE FUNDAMENTALS OF IYENGAR YOGA. Our Level 1 & 2 classes emphasize the fundamentals or basics that lay the foundation for a safe, intelligent, and more powerful future practice. The level 1 & 2 courses teach the basic standing poses, sitting postures and beginning inversions. All students new to lyengar yoga must begin in these classes. **Level 1 students** are those who are just starting to learn lyengar yoga. **Level 2 students** have some experience in lyengar yoga and are developing their abilities and understanding of yoga practice. Students should have experience with practicing head balance and shoulder balance. *Those new to lyengar yoga should begin with Level 1 & 2, not level 2 classes, regardless of previous non-lyengar yoga experience.*

LEVEL 3 - INTERMEDIATE IYENGAR YOGA. Intermediate lyengar yoga students have been studying lyengar yoga for some time (at least 4 months of lyengar yoga classes) and with increasing dedication, discipline, and zeal. They understand how to create alignment in an asana. They are familiar with most of the standing poses and have good stability, endurance and extension in them. Intermediate students are very familiar with using props for shoulderbalance, sitting poses and forward extensions. Level 3 courses can be strenuous and poses are often held much longer than in the level 1 & 2 classes. Back arches, arm balances, and head balance are regularly practiced.

YOGA BACK CARE is a group class for those with back challenges. Learn how yoga can help get your back healthy again so you can benefit from yoga practice, and other activities. Instructor has over 30 years of experience helping those with back issues. For those with more serious challenges, see the special needs class or private lessons below.

PRIVATE LESSONS are available with our staff during off hours and weekends. Fees are \$60/hour or \$125 with Richard.

WHAT TO WEAR AND WHAT TO BRING

Please eat lightly if you need to eat before class. Ideally allow 3-4 hours after a large meal before attending. We prefer that students wear non baggy clothing that enables your knee joints to be visible. Bare feet are essential. It isn't necessary to bring equipment as the Center is fully equipped. You are most welcome to bring your own mat.

REGISTRATION PROCEDURES, MAKE UPS AND CLASS POLICIES FOR COURSES & WORKSHOPS

Reserved space yoga courses are highly structured, commitment type yoga courses so that progress in the students' understanding and development can occur. Students must preregister and prepay in advance for their space in each of these courses, ideally at least one week before the course begins. Earned drop-in privileges (those taking single classes) are allowed **only** if you meet the strict standards listed under #12 below and are not available for our intensives. For those visiting Seattle from outside the Puget Sound area, please call our office about availability. Reserved space courses are limited in size. We have a gorgeous 2,500 square foot studio in Ravenna with a beautiful hardwood floor and abundant natural light. The studio is fully equipped for yoga classes.

REGISTRATION PROCEDURES FOR ALL COURSES

- Full prepayment is necessary in order to reserve a space in our program (except the weekend drop in classes.) There are 4 convenient ways to preregister:
 - **A)** On our website's secure server www.yogaseattle.com using a Visa or MasterCard
 - **B)** By telephone during our office hours using a Visa or MasterCard. Call (206)526-9642. If we are not in the office, please leave a message with your phone number the best time to contact you.
 - **C)** Mail us a personal check or money order and list the course you wish to take.
 - **D)** Drop your check and registration into our mail slot in front our building 2261 NE 65th St. to the left of the door.
- **2)** We will contact you as soon as possible if the course you requested is full.
- 3) If you are new to lyengar yoga, please make sure to start no later than the third class meeting in a 4 or 5 week course. The last day to enroll in an Intensive is the 5th class meeting. Returning students who have taken a course previously can rejoin the same level course at any time.
- 4) Students joining a class late may choose to prorate the fee or make up classes (see #6, 7 and 8 on this page.) Website registrations are charged the full fee. To arrange a prorated fee, call the office (206)526-9642 or pay the prorated amount at your first class.
- 5) It is the yoga student's responsibility to let the Center know if they qualify for a discount. Any difference in fees will be credited toward future classes and will not be

refunded. If you are registering online, there is a box to give such information. Qualifying students may only take advantage of one discount.

MAKE UP POLICY for Once a week courses

- 6) Students are fully responsible for their attendance. Make ups are \$5/class and are permitted (subject to restrictions outlined in #7 below) at a comparable level course but not at an Intensive or Special Needs class.
- 7) Make ups are subject to the following restrictions:
 - **a)** 3-5 week calendar month courses must be completed during the *same* calendar month as the course you are registered and cannot be taken the next calendar month
 - **b)** No make ups can be taken at Intensives, Special Needs, workshops or pranayama courses.
 - c) Students should make up at the same level as their regularly scheduled class or at a level slightly below their regular class level.

MAKE UP POLICY for Intensives

8) Intensive students are allowed to make up classes at other intensives, as well as once reserved courses.

No make ups can be made higher level or the Special Needs class. Make ups cost \$5 per class. The last day to make up is the last scheduled day of the intensive.

MAKE UP & REFUND POLICY for Special Needs

9) No refunds, credits or make ups are available for classes that have been missed, will be missed or cancellations for special needs classes.

IMPORTANT REGISTRATION PROCEDURES

10) CANCELLATIONS, MISSED CLASSES & REFUND POLICY

There are no extensions or credit to future months' classes for missed lessons. If you cancel within 7 days of the start date, there is no credit toward any future class/workshop/dropin. This also applies to those that drop out once a course has begun. If you cancel your spot before the 7 days prior to the course start, there is a cancellation fee of \$15 for a class/course or prepaiddrop in, and \$25 fee for intensives and monthly class passes. Any credit given for early cancellation minus the \$15-\$25 fee must be taken with in 90 days of the start date of the cancelled course.

Class credits will be good for a period of 90 days toward future courses or intensives for the same person and cannot be used for private lessons, guest instructor's workshops, retail purchases or gift certificates. We do not give refunds for dropping out of, or cancelling from any course. No exceptions will be made. A refund will be given only if the course you request is full for the month for which you are seeking admission, or are cancelled by the Center. Cancellations from private (1-1) yoga sessions require a minimum of 24 hours hours notice to receive credit toward another private class.

- No refunds are given. For missed classes, see the make up policies in sections 6-8 of the previous page.
- 11) The Center for Yoga of Seattle does not carry medical insurance for its students. Students must be covered by their own family insurance policies, and if injury occurs, the students' own policy is their only soure of reimbursement.

12) EARNED DROP-IN PRIVILEGES

If you have completed a course in our program, you can drop-in on a once or twice a week course of the same level without a reservation and pay the higher drop-in fee of \$22. Low income and students can drop-in for \$17. No one is permitted to drop-in on an early morning or afternoon intensive course, however.

13) If you are coming for your first time to one of our classes, please arrive 10-15 minutes early. If you are waiting for an earlier class to end that is practicing relaxation, please refrain from talking near the studio as this disturbs the students in the prior class. *Welcome to our program!*

THE CENTER FOR YOGA OF SEATTLE Studying at a Professional Yoga Studio ABOUT OUR PROGRAM Now in our 36th year! IYENGAR YOGA - DISCOVER THE DIFFERENCE!

The Center for Yoga of Seattle is one of the leading yoga institutions in the Northwestern United States. What makes the Center special is that we teach BKS lyengar Yoga and that its instructors are current in the study and practice of this form of yoga. They have studied directly with the lyengars or their longtime students and are serious practitioners of yoga as well as down to earth real human beings. Richard Schachtel, the Director of the Center, usually spends 1-2 months a year personally training with the lyengar family. Iyengar yoga is one of the most influential yoga methods in the world today.

BKS lyengar, the 95 year old genius who developed the lyengar yoga system was listed by Time Magazine as one of the 100 most influential people in the world in its 2004 special edition. BKS lyengar is the author of the classic texts (the Bible for yoga practitioners of many traditions), Light on Yoga, Light on the Yoga Sutras of Patanjali, and Light on Life.

The highlights of Iyengar Yoga include: 1) the high level at which Iyengar teachers ar trained; 2) the methodical approach employed in Iyengar Yoga to developing the new yoga student's skill, knowledge, ability, and awareness; 3) the precision, or alignment, in doing the poses (because Iyengar Yoga is more accurate, it is considered to be the safest form of yoga); 4) the brilliant use of simple props that allow students who are stiffer, injured or misaligned to practice and to improve; 5) the individualization of instruction to fit each students abilities.

Unlike some forms of yoga where each class is the same, course sequences at the Center for Yoga of Seattle change and progress over the 4, 8 or 16 session course.

The attentive and regular practice of lyengar Yoga postures and breathing exercises are empowering self-help tools for building and maintaining vibrant health and fostering a feeling of inner balance and attunement. It combats stress; increases energy; improves concentration and focus; make one more aware of the body and how to treat it well; can provide relief for back and neck problems; and develops a quality of mindfulness. A vital healthy body, a sound mind, and confidence in our abilities are our greatest wealth. The Center for Yoga of Seattle is a welcoming place for novice beginners as well as the dedicated student of yoga. The staff are dedicated, caring and supportive teachers and practitioners of yoga who wish that you too can enjoy the benefits of yoga practice. You are welcome to join us. If you have any questions or concerns, don't hesitate to call us at (206)526-9642.

INSTRUCTOR BIOGRAPHIES

Huijung Campbell was first introduced to yoga in 2006 and became interested in lyengar Yoga in 2009. She studies 4 days a week with Richard and apprentices with him at his beginner classes. Huijung completed the Center's 200 Hour program and passed the Introductory 2 Teacher Assessment of the lyengar Yoga National Assoc of the US and preparing to become fully certifed in the summer of 2014. A native of Korea, she has been living in the US for the past 6 years.

Gwen Heisterkamp took her first yoga class in 1998 in Bellingham, WA. She caught the lyengar bug big time, thanks to her first teacher Lauron Ray. She feels extemely fortunate that her initial yoga exposure was in the lyengar system. After moving to Seattle, Gwen began classes at the Center for Yoga of Seattle in 2005. She enrolled in the year long teacher training program in 2012 and continued for a 2nd year. She hopes to take the Intro 2 lyengar Yoga Teacher Assessment this fall. Gwen appreciates that every body is unique and strongly believes that yoga can be tailored to be accessible to everyone. With a focus on safety, she strives to mark her classes with humor and lightness.

Katy Latta came to practice yoga from a martial arts background. Passionate about disciplined studies that involve movement, mind and spirit connection, she enrolled in a yoga class when she couldn't find a martial arts school when living abroad. Upon returning to the US, she sought out Richard Schachtel and the Center for Yoga because of the high standards of teachers, the lyengar style and teaching philosophy. Katy completed the 200 Hour teacher training at the Center, and continues her teacher training and apprentices with Richard to become a certified lyengar yoga instructor. Katy is a licensed massage therapist.

Kathy Moore has been studying lyengar Yoga at the Center since 2003 and has apprenticed with Richard Schachtel. Kathy turned to yoga to rehabilitate a intensive rotator cuff injury which sidelined her music career as a musician and guitar teacher. Iyengar yoga enabled Kathy to return to health and her livelihood- performing live with bands and teaching guitar and piano lessons. She teaches with humor and compassion and loves to share the awareness that a regular yoga practice brings to the body, mind and spirit.

Gabrielle Nembhard was introduced to her first yoga pose before she was 10 years old. She found the Center for Yoga of Seattle when she attended

her first intensive with Richard in May 2012 and has been practicing ever since. Her discovery of lyengar yoga made her realize the importance of correct alignment and formal instruction from an experienced teacher. Gabrielle is dedicated to lyengar yoga and has completed the 200 Hour program and apprentices with Richard.

Richard Schachtel has taught yoga in Seattle for over 30 years and is a certified lyengar Yoga teacher. Richard usually studies 1-2 months each year with BKS and Geeta lyengar at their reknown Institute in Poona, India where her receives training in Asana, Pranayama, Medical Therapeutic Yoga and Yoga philosophy. Richard has recently completed a 3 year training in Therapeutic lyengar yoga in San Francisco. He works with a wide variety of student challenges in his weekly classes and private lessons. Richard has worked for 12 years as an Assessor for the BKS lyengar Association of the US to determine which teachers are qualified to earn the lyengar yoga teaching credential. He operates one of only 33 approved lyengar yoga teacher training programs in the US and is the only authorized lyengar Teacher Trainer in the Seattle area. He is also authorized to give 200 Hour Yoga Alliance Teacher Training. Richard founded The Center For Yoga of Seattle in 1980 and serves as the Director.

David Lonergan began practicing Yoga in 2011. He completed a teacher training with Richard Schachtel in 2013 and continues his yogic journey under Richard's guidance. David has a background in martial arts and is a student of Ayurveda- the sister science to yoga.

Dexter Danielson began practicing yoga in 2011 as a way to heal the injuries to his body. He soon became fascinated with the depth of yoga knowlege and its power to transform the ordinary state of consciousness into one that is fully awake. Dexter believes yoga is much more than a physical practice. It is a journey to discover how the body, breath, and mind can function in a more harmonious way.

Laurie Mestres began her relationship with yoga over 20 years ago out of curiosity. Just one class a week cured her lower back pain and she was hooked. Her dedication to her practice has steadily increased from there. She completed her 200-hour teaching certification with Richard Schachtel in 2009 and he continues to be her main teacher. Laurie considers yoga to be a bottomless science, philosophy and spiritual path that has been both the most difficult and most rewarding journey she has ever taken