



PRAIRIE YOGA TEACHER TRAINING

200 hour Foundation Program

September 2010 - May 2011 at Cascade Yoga Studio, Grand Rapids, MI

SPONSORED BY

Cascade Yoga Studio

5060 Cascade Road SE, Suite G
Grand Rapids, MI 49546
616.464.1610
info@cascadeyogastudio.com

**Prairie Yoga is a Registered
Yoga Alliance School.**

FOR MORE INFORMATION

Registration: Lin VanderBeek
info@cascadeyogastudio.com
616.464.1610

Training Program:
www.prairieyogaTT.com

INSTRUCTORS

Lori Gaspar, 500 E-RYT
April Storms, 500 RYT

SCHEDULE

Weekend Schedule:

Saturday, 1:00 - 8:00 p.m.
Sunday, 8:30 a.m. - 3:00 p.m.
One hour lunch break provided each day.

September 11-12
October 9-10
November 13-14
December 11-12
January 8-9
February 12-13
March 12-13
April 9-10
May 14-15



Yoga Anatomy Training with Marinda Stopforth

Friday evening, January 21 - Sunday,
January 23, 2011
\$265

Anatomy Training is an additional
charge and is not included in the
teacher training program tuition.

TUITION

**\$2975 if paid in full
by August 1, 2010**

\$3300 thereafter
Payment plan available for additional
service fee of \$150.
3% transaction fee added for credit
card payments.

**30 hours of elective workshops, anatomy
training, props and books are not included
in fees.*

*Schedule and requirements subject to
change.*



Prairie Yoga 200 hour Teacher Training will deepen your own personal practice and prepare you to intelligently teach beginning and intermediate yoga classes from your own heart-felt path. We believe that establishing a firm foundation in your own yoga practice is key to becoming an inspiring yoga teacher.

You will learn how to use the tools and techniques from all eight limbs of yoga. Our philosophy is non-dogmatic. We offer a contemporary approach deeply rooted in the ancient wisdom of classical yoga. By immersing yourself in the study of yoga, you move toward becoming a balanced, whole individual deeply united with yourself, others and the world that we live in.

The Eight Limbs of Yoga:

Yama (social ethics to live in harmony with others)

Niyama (personal ethics to live a balanced life)

Asana (postures to build strength and flexibility so energy can flow freely)

Pranayama (breath control to increase your vital energy)

Pratyahara (internalizing the senses to reduce external stimulation)

Dharana (developing concentration and focus)

Dhyana (sustaining our focus to enter into meditation)

Samadhi (Oneness)

The teacher training will teach you how to:

- Include all eight limbs of yoga in your practice and teaching
- Understand the energetic effects of asana, pranayama and meditation
- Rid ourselves of habitual patterns, create a healthy balanced state and free up energy
- Structure a yoga class to create a safe, supportive environment for students
- Sequence your classes to emphasize different energetic effects, themes and intentions
- Integrate the intelligent use of vinyasa
- Use simple poses to safely learn and practice complex poses
- Balance the opposing forces of grounding/lightness; stability/ease; and strength/flexibility
- Introduce sound based yoga practices such as chanting and simple mantras
- Train the mind to become still and develop self-awareness
- Refine your teaching language to be very clear and specific
- Demonstrate visually to emphasize key actions
- Adjust students manually to reinforce alignment principles in a safe and appropriate way
- Modify for common student issues
- Market yourself as a yoga teacher; develop a business direction that aligns with your passion; understand common yoga financial agreements and get insurance; and build healthy business relationships
- Gain insight into the ethics of teaching yoga

Prerequisites

The training is designed for those who want to become yoga teachers as well as for those who want to deepen their own personal practice and immerse themselves in the study of all aspects of yoga. One year of consistent yoga practice is required to enroll. Your commitment to learning and dedication to your own personal transformation is key to enjoying the benefits of this training.

Additional Certification Requirements

- Complete 20 hours of Yoga Anatomy Training*
- Attend 30 hours of elective master yoga teacher workshops*
- Observe and assist senior teachers: 15 hours
- Complete all homework assignments (approximately 3-5 hours per week)
- Teach 2 community classes
- Select 4 books from the book list for certification. For each book, read and write a 2 page review highlighting key ideas that most and least resonated with you.
- Teach 2 private yoga lessons and write an overview
- Karma yoga: Teach yoga to a needy group at no charge
- Proof of CPR certification
- Complete a 20 hour self-study project in a specialty area of yoga that interests you. Present your exploration as a document, video, class or other medium appropriate for your topic
- Demonstrate the ability to teach an inspiring Level 1-2 yoga class clearly, safely and appropriately.

* Fees for yoga anatomy and elective workshops are not included in tuition.

Self Practice

Trainees are expected to have a dedicated and consistent yoga practice at least 3 days per week.

Required Course Books

Purchase on your own by first class.
Light on Yoga by BKS Iyengar
Yoga for Wellness by Gary Kraftsow
Yoga Sutras of Patanjali by Swami Satchidananda
Key Muscles of Hatha Yoga by Ray Long

Required Reading for Certification

Choose 4 out of the 5 books listed below:

Peace is Every Step by Thich Nhat Hahn

Bringing Yoga to Life by Donna Farhi
The Tree of Yoga by BKS Iyengar
Living Your Yoga by Judith Lasater
Fire of Love by Aadil Palkhivala

For More Information

Lin VanderBeek

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REGISTRATION FORM

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

PAYMENT

Please make all checks payable to *Cascade Yoga*. Returned checks subject to \$35.00 fee.

_____ **\$150 non-refundable, non-transferable deposit holds your spot.**

_____ **\$2975** paid in full by August 1, 2010. Subtract \$150 if you sent in the deposit.

_____ \$3300 after August 1, 2010. Subtract \$150 if you sent in the deposit.

_____ Payment plan available for additional \$150. View the Tuition Agreement web page at www.prairieyogaTT.com for details on payment plan options.

_____ 3% transaction fee added for credit cards. Please call us to pay by credit card.

Refunds

No refunds after the first weekend of training. View the Tuition Agreement web page at www.prairieyogaTT.com for details.

Please mail registration form and payment to:

Cascade Yoga Studio

5060 Cascade Road SE, Suite G

Grand Rapids, MI 49546

APPLICATION

Please respond by email to: lorigaspar@mac.com and info@cascadeyogastudio.com
(Include original question in response).

1. Name, Address,
2. Phone: Home, Cell, Work
3. Emergency Contact
4. Date of Birth
5. How long have you been practicing yoga? Please describe your personal yoga practice.
6. What yoga style or method have you practiced? Do you prefer a certain style?
7. Do you have another job? If so, please describe.
8. Are you teaching yoga now? Where? Approximately how many hours per week?
9. Why are you interested in this training? What do you hope to gain from this experience?
10. Have you studied yoga before? Where and with whom?
 11. Please describe your health history.
 12. Please describe your emotional and mental health.
 13. How is your health now? Do you have any recent injuries? Please describe.
 14. Are you currently taking any medications? Please describe.
 15. List activities, hobbies, interests.
 16. List anything interesting you would like us to know about you.
 17. Name the location of the program you are applying to.