



# 2016-2018 APPRENTICESHIP PROGRAM

***With Richard Schachtel,***

Authorized Iyengar Yoga Teacher Trainer by The BKS Iyengar Yoga Association of The United States and Recognized Teacher Trainer with Yoga Alliance.

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Richard will be training a small group of Iyengar Yoga students who are interested in teaching Iyengar Yoga.

Apprentices will be helping Richard in one or more of his beginning or continuing yoga courses or slower beginning courses. They will receive training in many facets of teaching excluding theory (which is covered in the teacher training courses). These facets include demonstration, instruction, observation, and correction and sequencing of classes and courses.

## **Apprenticeships are of 3 kinds:**

- 100 hours (1.5 hours a week for 15 months or 3 hours a week for ~8 month) Fee: \$1000
- 150 hours (24 months of once a week classes or 12 months of twice a week classes) Fee: \$1,500
- 300 hours (24 months of twice a week classes or 12 months of 4 times a week classes) Fee: \$3,000

**Here are the minimum requirements to apply** (Richard will be selecting students from a group of applications):

1. The applicant has been regularly attending classes at The Center For Yoga of Seattle for at least one year.
2. The applicant is practicing on their own at home at least 3 days a week.
3. The applicant is not taking classes in other methods of yoga. We want students who are devoted solely to Iyengar Yoga as our apprentices.
4. The applicant must attend, as a student, in at least one of Richard's classes every week during the apprenticeship. Regular class fees apply.

## **Instructor Bio:**

Richard Schachtel has taught yoga in Seattle for over 30 years and is a Certified Iyengar Yoga Teacher. As part of his commitment to keep up his training, Richard has trained in India 19 times over a 30 year period with Geeta and BKS Iyengar at their renowned Institute in Poona, India, where he received training in Asana (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 on Americans Certified Iyengar Yoga Teachers in 1984. Today Richard enjoys teaching all levels of students including beginners, and has a particularly strong interest in Therapeutic Yoga. In 2010 he completed a 3 year training on the therapeutic uses of Iyengar Yoga Asana and Pranayama in San Francisco. He conducts a weekly Slower Yoga Class and works privately with students on a full range of issues.

Richard has been giving teacher trainings in the Seattle area since 1986 and today students come from many parts of the world for his 4 week teacher training immersions offered in Seattle several times a year. He also trains teachers through his apprenticeship program. He has been on the teaching staff at several Iyengar National Conventions, and is one of the approximately 60 Assessors for the Certification Committee of The BKS Iyengar Yoga Association of the US. He operates one of only 33 Authorized Iyengar Yoga Teacher Training Programs in the US.

Richard founded The Center For Yoga of Seattle in 1980 and continues to serve as its director. Richard believes yoga is for everyone and a very good teacher is one who has the skills to help a wide range of students. Richard is the Seattle area's most senior teacher of Iyengar Yoga and one of The Northwest's most experienced and influential yoga teachers. Richard operates the longest running Teacher Training program in the Northwestern United States.