



THE CENTER FOR YOGA

of Seattle

January 25, 2020 - April 3, 2021

6th Annual One Year Weekend 200 Hour Iyengar Yoga Teacher Training & In Depth Practitioner Program

Our Yoga Alliance Ratings:
36% give us 10/10
16% give us 9/10
24% give us 8/10!

For those who want to teach and for those who want to build and deepen their personal practice

With Richard Schachtel

Director of The Center for Yoga of Seattle, Yoga Alliance Approved 200 Hour Teacher Trainer
Certified Iyengar Yoga Teacher

Weekend Dates: *Class meets from 1:00-7:00pm* (We have a generous make-up policy-see pg6)

2020: Saturday January 25 Sunday January 26 Saturday February 22 Sunday February 23 Saturday March 7 Saturday March 14 Saturday March 21 Saturday March 28 Saturday April 18 Sunday April 19	Saturday May 22 Sunday May 23 Saturday June 5 Sunday June 6 Saturday July 11 Saturday July 18 Saturday July 25 Saturday August 1 Saturday September 12 Saturday September 19 Saturday September 26 Saturday October 10	Saturday November 7 Saturday December 5 2021: Saturday January 23 Saturday February 20 Saturday March 6 Saturday March 13 Saturday March 20 Saturday March 27
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Save Dates:
2020: Apr 10, May 8 & 9, Oct 11, Nov 8, Dec 12 & 13
2021: Jan 24, Feb 6, 7, 20

Optional make-up times on one weekday evening 6-10pm & daytime 10am-2pm Yoga Alliance Approved 200 Hour Training



Projected Topics:

- Developing a good personal practice
- Understanding the fundamentals of BKS Iyengar's Yoga System
- Learning the Basics and Subtleties of Standing Poses, Inversions, Forward & Backward Extensions, Sitting poses, Twists & Restoratives, point by point
- Teaching Methodology: What and how to teach, Developing the Arts of
- Demonstration, Instruction, Observation & Correction
- Developing a pranayama practice.
- How to create Proper Alignment in Every Pose (*Why alignment, choice of poses, timing in the pose, and sequencing are keys to yoga practice*)
- Sequencing Fundamentals of classes & courses
- Develop your understanding of practicing with Props: When, Why & How (Why simple props can make yoga accessible to more students and give you more accurate and stable poses.)
- Developing Your Eye as a Teacher
- Learning to deal with common student complaints: low back pain, shoulder, knee/hip challenges, neck stiffness, tension & anxiety, low energy
- Anatomy for Yoga
- Yoga Philosophy
- Women's Yoga
- Ethics of Teaching
- Preparation for Iyengar Yoga Certification & More!

OVERVIEW OF THE PROGRAM

If you are interested in learning more about yoga practice and perhaps teaching yoga someday, or are currently teaching and want to improve your teaching skills, you might consider enrolling in this unique training. What makes this training different from others offered in the Seattle area is that it is entirely based upon Iyengar Yoga. Other programs may require studying of Iyengar yoga books, or say they are teaching Iyengar Yoga Asana, but this is the only authorized training in Iyengar yoga in the Seattle area. Know the difference!

Iyengar Yoga is considered the Gold Standard of yoga systems. It has developed over the past 70 plus years by BKS Iyengar, author of *Light on Yoga*, *Light on Pranayama*, *Light on The Yoga Sutras of Patanjali*, and *Light on Life*.

Some of the hallmarks of Iyengar Yoga are the quality in the way the yoga is practiced, the emphasis on creating well aligned poses full of life, the subtle attention to detail which makes the yoga practice more beneficial and safer, inward, and meditative, the development of strength as well as flexibility, the skillful use of props to protect the student from practicing imbalanced poses, and over stretching. The practice is a bringing to life of Patanjali's Yoga Philosophy. Perhaps most important is the high standard of teaching skills of those trained in Iyengar Yoga who go on to become Certified Iyengar Yoga Teachers.

Yoga is indeed a subject requiring a lifetime of study and practice. This one year training provides the fundamentals for a life rich in yoga. **Many Seattle area Yoga Teachers have taken teacher training from Richard.**

Most important four things for those taking this training:

1. Aim to make all of the weekend sessions. There will be opportunity to make up missed classes during the training and for a period of one year after the training ends. See structure of the program #6.
2. Make it a priority to take at least one class per week from an instructor who is teaching an Iyengar Yoga Class. There are usually one or several drop-in classes on Saturday and Sunday that students can take (drop-in fees are extra) that can help immensely in experiencing how Iyengar Yoga is taught in a regular weekly class. So even if there is no Iyengar Yoga in your area, you can see it in action during the weekends you are in Seattle.
3. Practice at home what you learn in the weekend trainings.
4. Keep up with the homework assignment readings.

STRUCTURE OF THE PROGRAM:

1. Iyengar Yoga Teacher Trainings are very much practice oriented. Simply put, those planning to teach Yoga Asanas, will need to be able to do those poses well. *You do not need to be an advanced practitioner to be in the course.* Almost everyone taking the training and practicing at home will experience a marked improvement in their yoga practice. Teacher training days are fun and often exhilarating with students learning new poses, new ways of practicing, and making breakthroughs. Their eye will develop as their understanding of what makes for a good yoga pose, and what common misalignments they should look for. *Many students take this training to become more proficient in yoga, to learn more about the practice of the amazing Iyengar Yoga system. They appreciate the extra attention to their yoga practice that they receive in this training, and their mind opens to many possibilities of avenues to advancement.*
2. The in-depth study of each pose will be supplemented by lectures, discussions, and audiovisual teaching materials on the subjects of Anatomy For Yoga, Yoga Teaching Methodology, Iyengar Yoga Therapeutics, Yoga Philosophy, Understanding the Teacher/Student Relationship, Ethics of Teaching Yoga, the Business of Yoga
3. There will be many opportunities to practice teaching. Your ability to calmly receive valuable feedback from the instructor and your peers is essential.
4. **Required Books to own and study (those with an * are available in e-book Format):**
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
Yoga in Action: Intermediate Course 1 by Geeta S. Iyengar
Light on Pranayama by B.K.S. Iyengar
Yoga For Sports by B.K.S. Iyengar (Kindle version available)
Guidelines for Yoga Teachers by BKS Iyengar- available at the first class meeting for \$16.45, not available online or in stores. Other required books may be added to this list during training but the total cost of these additional books will not exceed \$125.
5. The Center for Yoga of Seattle is a Yoga Alliance Registered Yoga School. Students who complete all homework assignments, attend 100% of the weekend hours, and pass 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. There will not be a final exam. All tests can be retaken if needed.
6. Teacher training classes can be made up at Select Appropriate Weekday Evening and Weekday Daytime Teacher Training Courses during the training and for a period of 1 year after the training ends. You can also make up at the next weekend 200hr teacher training that begins after this course ends. 4 free make ups are provided. Additional make ups are \$30 for each 5-6hr session or \$20 for each 2-4hr session. If your attendance is spotty, you will be permitted to make-up at next year's weekend teacher training classes only.
7. This course can be excellent preparation for formal Iyengar Yoga certification assessment when supplemented by regular classes and/or weekend workshops and suitable home practice. There are other specific requirements to be allowed to go for assessment in addition to taking this course.
8. 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 but they may not call their classes Iyengar Yoga.
9. Graduates of the program can apply to Apprentice with Richard at one or several of his ongoing beginner classes. Apprentices learn how beginner courses are designed and modified as new members join, and develop skills in demonstrating poses, and in making corrections. *Spaces are extremely limited.* 100 hours of apprenticeship costs \$1000;\$1500; 150 hours - \$1500.
10. In the event the training does not have enough sign-ups to begin on January 25, 2020, the course will be postponed and will start later, and refunds or credit will not be given. The course will end no later than December 20, 2021. All of our courses for the past 6 years have ended on time.

The structure of the program, dates and times are subject to change and revision without notice.

PLEASE REGISTER ONLINE FOR THE TRAINING
Register Online at: www.yogaseattle.com

- Option 1:** Registration and course fee for the 200 hour Weekend program: \$3600.
- Option 3:** \$1000 non refundable deposit will hold a space in the program until December 15, 2019 when either the remaining balance of \$2600 is due or a payment plan chosen. If a payment plan is chosen, the first of 12 monthly payments of \$250 begins the first day of the following month after a \$1000 non-refundable deposit is paid, and continues for 12 months.
- Option 4:** Add a once a week classes with Richard for 1 year to the 200 hour training. Fee: 200 hour registration fee + \$600. Payment plan option for this choice involves a \$1000 non-refundable deposit followed by 12 payments of \$300 each starting the first day of the following month after the deposit is paid.
- Option 5:** The 200 Hour program plus the 100 hour apprenticeship with Richard at one or more of his classes. *Students must also be enrolled in at 1 or more of Richard's weekly yoga asana classes concurrent with the apprenticeship class for which there is an additional monthly fee.* The Apprenticeship will be started within 1 year of the completion of the Weekend program.
Fee 200 hour registration fee + \$1500. ***This is our 2nd most complete teacher training we offer.***
- Option 6:** The 200 Hour program plus the 150 hour apprenticeship with Richard at one or more of his classes. *Students must also be enrolled in at 1 or more of Richard's weekly yoga asana classes concurrent with the apprenticeship class for which there is an additional monthly fee.* The Apprenticeship will be started within 1 year of the completion of the Weekend program.
Fee: 200 Hour registration fee+ \$2250. ***This is our most complete teacher training we offer.***

PLEASE REGISTER ONLINE TO QUICKLY SECURE A SPOT IN THE PROGRAM.

Please fill out your contact information.

<p>Name _____ <small>as appears on your billing statement</small></p> <p>Address _____ <small>as appears on your billing statement</small></p> <p>_____</p> <p>email _____</p> <p>cell phone _____ home phone _____</p> <p>Credit/Debit Card # _____ <small>We accept Visa and MasterCard</small></p> <p>Expiration Month/Year _____</p>

Former Teacher Training student's testimonials:

"The Center For Yoga of Seattle's 1 year Weekend teacher training program covers considerable breadth of material without sacrificing depth. Of particular note is that this program gives you tools with which to work with individuals of greatly varying physical ability. A very enjoyable experience."

Nesamet Mitiku, MD PhD, One Year Weekend Teacher Training.

"I was very impressed with the skill/knowledge level of the instructor. The program was intense and demanding but I loved every minute of it. I am the type of person to jump in with both feet and this gave me that opportunity. I am very grateful to have had the opportunity to participate in this immersion. I would highly recommend it to others."

Benay Doolittle, 4 Week Teacher Training intensive.

"I think this is a great program for anyone who wants an intensive introduction to Iyengar. I feel it really gives you an appreciation and admiration (respect) for the style and the history."

Shana Heatley, 4 Week Teacher Training intensive.

BUYER BEWARE:
Other trainings may say they are training you in Iyengar yoga asana. This is the only Yoga Teacher Training in the Seattle area taught by a local Certified Iyengar Teacher who has been an assessor for the National Iyengar Yoga Association, has participated in Iyengar Certification Assessments for over 18 years, has been an approved Iyengar Yoga Teacher Trainer, and has trained with the Iyengar family in India for 23 years!
Call us if you need clarification on this.
Know what real Iyengar Yoga is.

Optional Payment Plan- 2 Versions 8 Choices of Teacher Training Programs- See page 3 for details.

Option 1

For those unable to pay the full tuition before the start of the 200 Hour course, a monthly payment plan is available. Students will need to make a non-refundable \$1000 deposit to hold their space in the program. A legal contract will be drawn up promising twelve monthly payments of \$250 per month to be charged to a valid Visa or MasterCard. Monthly payments will begin on the first of the month following the deposit payment.

Option 2

For those who would like to take the weekend program and a weekly class with Richard for 1 year. This involves a \$1000 nonrefundable deposit followed by 12 monthly payments of \$300 each starting Feb 1, 2019.

A limited number of *partial* tuition reduction scholarships are available for low income/low assets students who meet our 3 part application process. The student will still need to pay the bulk of the tuition for the course.

1. Application includes submission of the last 2 years Federal Income Tax statements.
2. Submission of an essay describing your involvement in yoga and why you should be considered for a partial tuition scholarship.
3. Be interviewed by telephone or in person prior to the award of a partial scholarship.

Please email our office after Feb 1, 2019 to see if we are accepting any partial scholarship applications. Recipients will still pay a large portion of the regular fee.

Refund/Cancellation Policy: There are no refunds for canceling your space in the course or portions thereof. No exceptions will be made. There is no credit toward other programs offered by The Center for Yoga Seattle nor toward retail items for cancellations. Registrations are not transferrable.

Richard Schachtel

has taught yoga in Seattle for 40+ years and is a Certified

Iyengar Yoga Teacher. As part of his commitment to keep up his training, Richard has studied for many years with Geeta and B.K.S. Iyengar at their renowned Institute in Pune, India where he received training in Asana (yoga postures), Pranayama (breath control), Medical Therapeutic Yoga (working with students with injuries or medical conditions) and Yoga Philosophy. In 2010, Richard completed a 3-year training in Therapeutic Yoga in San Francisco.

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. Richard conducts a weekly special needs yoga class. Many of the 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 has taught Iyengar Yoga Workshops throughout the US, and in 2017 taught in China and in India. He has also taught in Australia and at National Iyengar Yoga Conventions. Richard worked as one of the approximately 60 US Assessors for over 18 years to help certify teachers in Iyengar Yoga.

Richard first trained in India with B.K.S. Iyengar in 1980 and made his 23rd yoga study trip to Poona, India to train with the Iyengars in December 2017. 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 one of Seattle's most Senior Iyengar Yoga Teachers.

Richard's teaching is marked by directness, clarity, exactness, intensity and humor.