

4-Week 200 Hour Alignment Yoga Teacher Training

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Annual

March 2 - March 28, 2020

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



with Richard Schachtel

Director of the Center For Yoga of Seattle
Certified Iyengar Yoga Teacher
Yoga Alliance Approved Teacher Trainer

THIS COURSE is designed for those looking to receive as thorough an introduction to teaching yoga as possible in a 4 week time period. Richard Schachtel is one of the most experienced Yoga Teacher Trainers in the US and has been giving teacher training since 1986. Students from around the world have been coming to Seattle for his 4 week teacher trainings for over 15 years.

The course is approved by the Yoga Alliance as meeting their 200 hour yoga teacher training requirements. The course is modeled upon the first two syllabi of the BKS Iyengar Yoga Association of the United States certification manual. Those who pass all open book take home tests (which can be retaken until passed) will receive a certificate of completion from The Center for Yoga of Seattle as graduates of its 200 Hour Yoga Teacher Training course as well as be able to apply to be listed with Yoga Alliance on their registry of Registered Yoga Teacher (RYT-200).

The one month intensive training can be an excellent preparation for assessment for qualified Iyengar Yoga students. Each country's requirements may vary. For USA, please see www.iyanaus.org for specifics. Graduates of this course will not be Certified Iyengar Yoga Teachers until they meet their country's assessment requirements and pass their assessment examinations.

Curriculum for the Training Includes:

- Iyengar Yoga Asana: Understanding the key postures like standing poses, shoulderstand, headbalance (see more detailed list on reverse side)
- Iyengar Yoga Pranayama and restoratives: Theory and practice of the core pranayamas and relaxation techniques
- Iyengar Yoga Methodology: BKS Iyengar's 5 step format for teaching
- How to teach; the arts of demonstration, instruction, observation, and correction
- Sequencing of classes, and courses
- Student teaching and peer feedback
- Yoga Anatomy
- Key concepts from The Yoga Sutras
- Ethics of Teaching Yoga
- Ethical Business Practices

Each action packed day of the training will include practice time of the various postures, relaxation or pranayama and theory classes. Some days will include observing Richard in teaching public classes as well as student teaching to your peers.



Excellent
Preparation
for the
Iyengar Yoga
Certification
process

Iyengar yoga is one of the most influential and accessible yoga systems in the world. Based on the teachings of BKS Iyengar, author of the classic book Light on Yoga, Iyengar yoga is a dynamic and exacting method of integrating body, mind, and spirit.

Registration:

Registration is now open. The course is open to all who are sincere in wanting to learn the fundamentals of Yoga as taught in the Iyengar Tradition. The training is done over a period of 24 days and students must be prepared to devote their time and energy for such an ambitious undertaking. Students are admitted on a first come first serve basis. Please register early. In past years we have had students attending from Indonesia, Hong Kong, Japan, Europe, and the Middle East. The training has limited enrollment. Admission is on a first come, first served basis. Application is not required. Please only sign up if you can assume the risk of your non attendance. Course fee is not refundable. No exceptions.

Payment Options:

Option A: Full payment of the course fee of \$3,450. Late registration starts 2/15/20 - \$3600.

Option B: A \$1050 nonrefundable deposit will hold your space in the Spring course until December 4, 2019 - when either the remaining balance of \$2,400 will be due, or a payment plan will be chosen. For those selecting to use the payment plan, 12 monthly payments of \$200 will be made charged to a valid Visa or Mastercard making the total tuition \$3450. Those selecting to make payments will sign a legal contract promising payment. This signed contract is due one month after the deposit is received or before the start of the course. The monthly payments will begin immediately.

Payment can be made online at www.yogaseattle.com, by mail, or over the phone.

Refund and Cancellation Policy:

There are absolutely no refunds made for cancellations from the course. The registrant assumes full responsibility for their attendance in the course and assumes full responsibility for any health/medical issues and family emergencies that might occur, changes in employment or visa status, financial condition, or any other possible reason for not attending. The registrant will not ask for a refund.

No credit will be issued toward regular classes, workshops, or retail items. Registrations are not transferable to other people. Those who cancel their registration 1 month or more before the start of their course may attempt to transfer to another 4 week teacher training intensive, excluding those held in India, provided all of the following conditions are met:

1. They will need to pay a \$350 transfer fee AND
2. In the event the course they have transferred to is canceled, they will still not receive a refund of their original tuition.
3. If the student wishes to switch to the Choose Your Own Dates Program, there is an additional \$999 fee plus the \$350 transfer fee. If the student transfers to the 4-module program with specific pre-arranged dates, the fee is \$700 plus the \$350 transfer fee.
4. If the student transfers to the 4-module program with specific pre-arranged dates, the fee is \$700 plus the \$350 transfer fee.
5. This option to transfer is only good for 12 months after the start of the original course. After 12 months there is no remedy and no refund or credit. No transferring option to courses in India.
6. For those who do not attend all of the course hours during the course they are attending: There is no charge for making up 4 days or 32 hours of classes at another training. The fee for making up hours over and above the 32 hour figure is \$25 per hour. This fee is payable in advance. These hours have to be made up within 12 months. After 12 months there is no remedy short of repeating the course.

**Training starts Mon, Mar 2 at 2pm
and ends on Sat, Mar 28 at 7:15pm**

CLASSES MEET:

Monday 1:15 pm-7:45 pm
Tuesday 2:00 pm-10:00 pm
Wednesday 2:00 pm-10:00 pm
Thursday 10:00 am-7:45 pm
Friday 11:15 am-8:00 pm
Saturday 10:45 am-7:15 pm
Sunday Off!

Class times and dates are subject to change.

Location: The Center for Yoga of Seattle

2261 NE 65th Street, Seattle WA 98115
www.yogaseattle.com • info@yogaseattle.com
(USA country code 001) 206-526-YOGA (9642)

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. 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. His 200 Hour Courses, approved by Yoga Alliance, have over 120 recent graduates.

Richard travels and gives guest Iyengar yoga workshops around the U.S. He taught in China in 2017 and in Australia in 1998. He has given two 200 Hour Teacher Trainings in Goa India, most recently in November of 2017. Richard has been on the teaching staff at several of the National Iyengar Yoga Conventions. Richard has worked for 18 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 is one of only approximately 60 U.S. Iyengar Yoga Assessors.

Richard first trained in India with B.K.S. Iyengar in 1980 and made his 23rd yoga study trip to Pune, 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 Seattle's most Senior Iyengar Yoga Teacher. **Richard's teaching is marked by directness, clarity, exactness, intensity and humor.**

Poses and Pranayamas Taught and Practiced in the 4-Week Alignment Yoga Teacher Training

All Iyengar Yoga standing poses

Headstand and variations

Shoulderstand and variations

Handstand

Seated Forward Extensions & Twists

Abdominal Strengtheners

Supine Big Toe Pose Series

Lotus Pose Cycle

Supine Hero

Teaching the Patanjali Invocation

Common Therapeutic Yoga Adaptations

Yoga with Wall Ropes

"The Jumpings"

Restorative Yoga Practices

Back arches including:

Upward Dog

Camel

Backbend in Chair

Bow

Upward Facing Bow

Inverted Staff

Ujjayi Pranayama

Viloma Pranayama

Bhramari Pranayama

Digital Pranayama,

Kumbhaka, *and much more!*

Required Books to purchase IN

ADVANCE AND HAVE AT THE FIRST CLASS:

Yoga in Action Preliminary Course by Geeta Iyengar

Yoga: a Gem for Women by Geeta Iyengar

Light on Yoga by BKS Iyengar

Light on Pranayama by BKS Iyengar

Topics also included: Uses of props in yoga practice; Yoga for women:

Pre-menstrual practice, yoga during menstruation, prenatal yoga; Iyengar Yoga assessment preparation.

**due to time limitations, some of the poses/pranayamas above may not be covered in the course

Required Books to purchase AT THE FIRST CLASS:

Guidelines for Yoga Teachers by BKS Iyengar, \$16.45

There are other books that Richard recommends owning and studying. This list will be given out at the first class meeting.

1-Year Teacher Trainings meeting each week

Daytime In-Depth Studies Course

Meets Thursday mornings starting April 16, 2020

Evening In-Depth Studies Course

Meets Tuesday evenings starting April 7, 2020

with Richard Schachtel

ENROLLMENT IS NOW OPEN

For more detailed information see our website at www.yogaseattle.com
or call the office at 206-526-9642



All Courses
Yoga Alliance Registered School
Graduates earn a Yoga Alliance 200
Teaching Certificate

Can't make it to Seattle in
March 2020?

200 Hour Teacher Training 4 Week Immersions

being offered 2 other times in 2020:

July & September

6-Day 4/Module Teacher Trainings

Complete the 4 week training in 7-16 months

Start March 2, 2020 and end in 2020 or 2021



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of Seattle

Where the Art of Yoga is Our Passion

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Testimonial- Month Long Immersion/Teacher Training

"The month long teacher training immersion course was one of the best things I have ever completed in my life. The course was challenging, interesting, and I came away with multiple benefits. The daily classes helped me improve my own practice, increase my physical fitness and it brought my own understanding of yoga to a whole new level. The sheer number of hours spent in the 'yoga environment' also brought greater knowledge of the asanas, philosophy, anatomy and practice all with a hands on pragmatic approach. I was exposed to not only one amazing instructor, but several, during the month and was able to glean information on a variety of subjects that would become integral to my own teaching style and approach.

The immersion, for me, was the best opportunity to pack in a lot of learning in a short amount of time. Throughout the month, the weekly workshops were another power-packed learning opportunity and I took away an incredible amount of information and self-confidence in my ability to teach."

"I personally feel that Iyengar yoga, with its emphasis on proper alignment and the usage of props for modification, is the best foundation I could have as a yoga instructor. So I also feel by choosing to pursue my RYT-200 from a certified Iyengar studio, I now have a distinct advantage over other yoga instructors. Although the long days and large volume of information were at times challenging, I would highly recommend this program to anyone looking for a solid foundation in yoga. I would recommend this program for anyone wanting to propel their personal practice to a whole new level. I would recommend this program to anyone with the desire to begin their teaching journey with the confidence of having received quality instruction and support from a studio certified in an internationally recognized form of yoga- Iyengar Yoga." *Helen Gallaway, Bend, Oregon- Sept 2012 course*