

4-Week 200 Hour Alignment Yoga Teacher Training

8th 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 it's 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.iyngaus.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.

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.

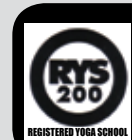
Registration:

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.

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.



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

Payment Options:

Option A: Full payment of the course fee of \$3,450. Late registration starts 2/15/88- \$3600.

Option B: A \$1050 nonrefundable deposit will hold your space in the Spring course until December 4, 201- 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 2 days or 16 hours of classes at another training. The fee for making up hours over and above the 16 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

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(USA country code 001) 206-526-YOGA (9642)

