



# THE CENTER FOR YOGA

## of Seattle

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

**January 29, 2020 - June 30, 2021**

## **NEW Wednesday Evening Yoga Teacher Training & In Depth Study Course 200 Hr Yoga Alliance Approved- Featuring Alignment Yoga**

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

**With Richard Schachtel**

**Certified Iyengar Yoga Teacher, Director of The Center For Yoga of Seattle  
Yoga Alliance Approved Teacher Trainer, E-RYT-500**

**Starts Jan 29, 2020**

Official Make-up dates 2020

Official Make-up dates 2021

### **Course Meets:**

**45 Wednesday  
Evenings  
6:00pm-10:00pm**

*We will break for dinner from 8-8:40pm.  
There are several restaurants nearby and a  
microwave will be available to reheat food.*

**Tuesdays 10-2pm Starting 1/28  
Tuesdays 6-10pm Starting May 2020  
Certain Saturdays 1-7pm**

**Tuesdays 6 - 10pm  
Thursdays 10am - 2pm  
Certain Saturdays 1-7pm**



**Yoga Alliance Approved  
200 Hour Training**

**This course is also offered on  
Tuesday Mornings starting  
January 28th, 2020.  
See website for details.**

### **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
- ♦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
- ♦Developing Your Eye as a Teacher
- ♦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.)
- ♦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
- ♦Developing a pranayama practice.
- ♦Women's Yoga
- ♦Ethics of Teaching
- ♦Prep for Iyengar Yoga Certification & More!

The Center For Yoga of Seattle \* 2261 NE 65th St, Seattle, WA 98115  
Phone (206)526-9642 \* [info@yogaseattle.com](mailto:info@yogaseattle.com) \* [www.yogaseattle.com](http://www.yogaseattle.com)

## 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 overstretching. 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 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 gives 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:

30 Aim to make all the evening sessions.

2. There will be opportunity to make-up at other courses mentioned on page 1.

3. Make it a priority to take at least one class per week from an instructor who is teaching Iyengar yoga. We have a large number of such" classes at The Center For Yoga of Seattle.

40 Practice what you learn in the teacher training classes at home. 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:

**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

**Light on the Yoga Sutras of Patanjali** by B.K.S. Iyengar

**Light on Life** by B.K.S. Iyengar

**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.

**70** The Center for Yoga of Seattle is a Yoga Alliance Registered Yoga" School. Students who complete all homework assignments, attend" 100% of the 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.

**80** Teacher Training hours missed can be made up during the length of" the course and for a 3/{get period after the last class meeting in" Richard's other weekend, evening or daytime teacher training courses" ij cvj cxb"o gv/ltt 'c 'uko kxt 'pwo dgt 'qlhko gu'cu'l qwt 'eqwtug. "You will have 4 free make ups. After the free make ups have been taken, tj g'lgg" lqt "gcej "4/6j t "o cng/wr "erc:u'l qw'cwgpf 'ku'&42'r gt "erc:u'l'pf "&52'ltt " gcej "5-8j t 'uguakqp. No make-ups beyond the one year period after your course ends.

**90** 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.

**:0** 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.

**;0** Completing a formal apprenticeship with Richard is an invaluable" way to develop your understanding of how teachers conduct their" classes and develop their course. You will learn to help out in" Richard's beginner yoga courses and become an assistant teacher. For" the apprenticeship add-on to the basic tuition for the teacher training" please see page 3. There are 3 options: a 100 hour apprenticeship" (\$1000), a 150 hour apprenticeship (\$1500) and a 300 hour" apprenticeship (\$3000). Any of these options will help satisfy one of the key requirements for Iyengar certification.

**320** In the event the start date of the course is postponed, the course will still start no later than April 29, 2020 (at the very latest) and will end by June 30, 2021 (at the very latest) and no refunds will be given.

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

**Please select one option and mail it to:**

**or register with our office (206)526-9642  
or register online: [www.yogaseattle.com](http://www.yogaseattle.com)**

**The Center for Yoga of Seattle  
2261 NE 65th St  
Seattle, WA 98115-7066**

- ☐ **Option 1:** The 200 hour program of 45 Wednesday evenings: \$3,450.
- ☐ **Option 2:** \$700 non-refundable deposit will hold a space in the program until Sept 1, 2019 when either the remaining balance of \$2750 will be due or a payment plan will be chosen.
- ☐ **Option 3:** The 200 hour Wednesday evening program plus 1 class a week with Richard for 1 year.  
Fee: 200 Hour registration fee + \$600.
- ☐ **Option 4:** The 200 hour Wednesday evening program plus 100 hour apprenticeship with Richard at one or more of his weekly classes. *Student must also be enrolled in at least 1 of Richard's weekly asana classes for which there is an additional monthly fee.* The Apprenticeship will be started within 1 year of the completion of the course.  
Fee: 200 Hour registration fee + \$1000.
- ☐ **Option 5:** The 200 hour Wednesday evening program plus 150 hour apprenticeship with Richard at one of his weekly asana classes. *The student must be enrolled concurrently in one of Richard's asana classes during the apprenticeship for which an additional monthly fee applies.* The Apprenticeship will be started within 1 year of the completion of the course.  
Fee: 200 Hour registration fee + \$1500.
- ☐ **Option 6:** The 200 hour Wednesday evening program plus 1 class a week with Richard, plus 100 hours of apprenticeship with Richard in 1 or more of his weekly classes. *Student must also be enrolled in at least one of Richard's weekly asana classes for which there is an additional fee.* The Apprenticeship will be started within 1 year of the completion of the course  
Fee: 200 Hour registration fee + \$2000.
- ☐ **Option 7:** The 200 hour Wednesday evening program plus 1 class a week with Richard, plus 150 hours of apprenticeship in 1 or more of his weekly asana classes. *The student must also be enrolled concurrently in one of Richard's weekly asana classes during the Apprenticeship (for which an additional monthly fee applies).* The Apprenticeship will be started within 1 year of the completion of the course. Fee: 200 Hour registration fee + \$2500.
- ☐ **Option 8:** The 200 hour Wednesday evening program plus 300 hours of Apprenticeship with Richard.  
Fee: 200 Hour registration fee + \$3000.

**Please fill out your contact information.**

**Name** \_\_\_\_\_

*as appears on your billing statement*

**Address** \_\_\_\_\_

*as appears on your billing statement*

**email** \_\_\_\_\_

**cell phone** \_\_\_\_\_ **home phone** \_\_\_\_\_

**Credit/Debit Card #** \_\_\_\_\_

*We accept Visa and MasterCard*

**Expiration Month/Year** \_\_\_\_\_

## Former Teacher Training student's testimonials:

"My overall impression of the training was/ and is, really great. It exceeded my expectations. I think that the structure is intense, dynamic and a catalyst for deepening the practice of asana and all that unfolds from such rigorous training. I really love this level of discipline so for me it was heavenly..."

### **Katy Latta, 4 Week Teacher Training intensive.**

"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 Teacher Training in the Seattle Area taught by a Certified Iyengar Yoga Teacher who participated in over 20 Certification Assessments in Iyengar Yoga throughout the United States.

## **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 \$1200 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 September 1, 2019.

### **Option 2**

For those who would like to take the 200 Hour program and 1 weekly class with Richard for 1 year. This involves a \$1200 nonrefundable deposit followed by 12 monthly payments of \$300 each starting Jan 1, 2019.

### **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 of Seattle, nor toward retail items for cancellations.

Registrations are not transferable.

There are no refunds if the starting date of the course is postponed.

Course will end by 6/30/21.

**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 reknown Institute in Puna, India where he receives training in Asana (yoga postures), Pranayama (breath control), Medical Therapeutic Yoga (working with students with injuries or medical conditions) and Yoga Philosophy. Richard completed in 2010, 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 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 travels and gives guest Iyengar yoga workshops around the U.S. and has taught in Australia and in China in 2017. He has been on the teaching staff at several of the National Iyengar Yoga Conventions. Richard has worked for 20 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.

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 Seattle's most Senior Iyengar Yoga Teacher.

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