

ALL-EMBRACING 250 HOUR YOGA TEACHER TRAINING



SPONSORED BY

Just Breathe Yoga Studio, LLC

20660 Caton Farm Rd, Unit C, Crest Hill, IL 60403
(815) 546-2770

FOR MORE INFORMATION

Registration: Pat Perrier
info@just-breatheyoga.com
(815) 546-2770

Certification and Training:

www.prairiejoga.org
prairiejoga@comcast.net

PRIMARY INSTRUCTOR

Linda Troutman, C-IAYT, E-RYT 500

See biography on back of flyer.

SCHEDULE

(26) Tuesdays

October 1, 2019 - April 14, 2020
10:30 am - 3:00 pm

No Class 12/24, 12/31, 3/31

Training held at

Just Breathe Yoga Studio, LLC
20660 Caton Farm Rd, Unit C, Crest Hill, IL 60403
(815) 546-2770

TUITION*

\$3500 if paid in full by Friday, August 30, 2019; \$3750 thereafter (See reverse for details)

4.5% transaction fee added for credit card payments

\$150 fee for payment plans (For details contact Just Breathe Yoga Studio, LLC 815-546-2770)

REQUIRED EVENTS*

Marinda Stopforth

FUNDAMENTALS OF YOGA ANATOMY

2 Options

Weekend: Friday evening - Sunday

- September 20-22, 2019
- March 27-29, 2020

\$300 due 3 weeks prior; \$345 thereafter

Required Coursebook: *Anatomy and Yoga: A Guide for Teachers and Students* by Ellen Saltonstall
Held at Prairie Yoga

Tias Little

PRAJNA YOGA WORKSHOPS

Options: 18 hour of workshops are available, you must attend at least 12 hours

Friday evening - Sunday

- April 24-26, 2020

\$320 one month prior; \$360 thereafter
(fee for 12 hours of workshops)

Held at Prairie Yoga

Nicolai Bachman

YOGA PHILOSOPHY TRAINING

Friday evening - Sunday

- November 8-10, 2019
- November 6-8, 2020

\$300 one month prior; \$345 thereafter
Held at Prairie Yoga

* Schedule & requirements subject to change

October 2019 - April 2020 in Crest Hill, IL

All-Embracing is a variation of Prairie Yoga's 250 Hour Yoga Teacher Training for those interested in practicing and teaching a modified approach to the physical postures, making them accessible to anyone including those with health issues. This variation is ideal for those with health challenges and/or those who want to teach a modified yoga approach to others.

With special emphasis on making the physical postures more accessible, the overall content of the training is the same as the regular 250 hour programs. You will learn how to use the tools and techniques from all eight limbs of Yoga. Our philosophy is non-dogmatic. We offer a contemporary approach deeply rooted in the ancient wisdom of classical yoga.



THE EIGHT LIMBS OF YOGA

Yama (social ethics to live in harmony with others)

Niyama (personal ethics to live a balanced life)

Asana (postures to build strength and flexibility so energy can flow freely)

Pranayama (breath control to increase your vital energy)

Pratyahara (internalizing the senses to reduce external stimulation)

Dharana (developing concentration and focus)

Dhyana (sustaining our focus to enter into meditation)

Samadhi (Oneness)

LEARN HOW TO:

- Include all eight limbs of yoga in your practice and teaching
- Understand the energetic effects of asana, pranayama, bandha, meditation and the basic principles of Ayurveda
- Rid ourselves of habitual patterns, create a healthy balanced state and restore energy
- Train the mind to become still and develop self-awareness
- Sequence to emphasize different energetic effects, themes and intentions
- Apply key alignment principles
- Integrate the intelligent use of vinyasa (breath-synchronized movement)
- Understand anatomy of the physical and subtle bodies
- Balance the opposing forces of grounding/lightness; stability/ease; and strength/flexibility
- Introduce sound-based yoga practices such as chanting and simple mantras
- Refine your teaching language to be very clear and specific
- Demonstrate visually to emphasize key actions
- Adjust students manually to reinforce alignment principles in a safe and appropriate way
- Modify for common student issues
- Organize a yoga class to create a supportive environment for transformation
- Market yourself as a yoga teacher; understand common yoga financial agreements and insurance; and build healthy business relationships
- Gain insight into the ethics of teaching yoga

PREREQUISITES:

The training is designed for those who want to become yoga teachers, as well as, those who want to deepen their own personal practice and immerse themselves in the study of all aspects of yoga. One year of consistent yoga practice is required to enroll. Your commitment to learning and dedication to your own personal transformation is key to enjoying the benefits of this training.

All-Embracing 250 Hour Yoga Teacher Training

October 2019 - April 2020 in Crest Hill, IL

ADDITIONAL CERTIFICATION REQUIREMENTS

- Complete 15 hours of Fundamentals of Yoga Anatomy training with Marinda Stopforth at Prairie Yoga plus 6 hours of non-contact anatomy workbook*
- Attend 12 hours of Tias Little workshops at Prairie Yoga*
- Attend 12 hours of Sanskrit and yoga philosophy with Nicolai Bachman at Prairie Yoga*
- Attend 15 hours of elective master yoga teacher workshops at Prairie Yoga*
- Observe and assist a senior teacher 15 hours
- Complete all homework assignments (approximately 3-5 hours per week)
- Teach 2 community classes
- Read 4 books from the book list and write a 1-2-page review for each
- Teach 2 private yoga lessons and write an overview
- Teach yoga to a needy group at no charge (service/karma yoga)
- Provide proof of CPR certification
- Complete a 20-hour self-study project in a specialty area of yoga that interests you. Present your exploration as a document, video, class or other medium appropriate for your topic.
- Demonstrate the ability to teach an inspiring Level 1-2 yoga class clearly, safely and appropriately.

* Fees for required and elective workshops not included in tuition.

BOOK REQUIREMENTS

Yoga Teacher Training Manual

is included in your tuition.

Required for Coursework

(purchase on your own)

Light on Yoga by B.K.S Iyengar

Yoga for Wellness by Gary Kraftswow

Yoga Sutras of Patanjali translated by Swami

Satchidananda

Scientific Keys 1: Key Muscles of Yoga by Ray Long

Anatomy and Yoga: A Guide for Teachers and

Students by Ellen Saltonstall

Required Reading (Pick 4 from list)

Peace is Every Step by Thich Nhat Hahn

Bringing Yoga to Life by Donna Farhi

The Tree of Yoga by B.K.S Iyengar

Living Your Yoga: Finding the Spiritual in Everyday

Life by Judith Lasater

Fire of Love: For Students of Life and Teachers of

Yoga by Aadil Palkhivala

Health, Healing & Beyond by Desikachar

INSTRUCTOR

Linda Troutman, BS, 500 E-RYT, C-IAYT has practiced Hatha Yoga for over 30 years, teaching since 2000. She is a Certified Yoga Therapist with Yoga North and International Soma Yoga Institute, meeting high standards by the International Association of Yoga Therapists. Linda believes that yoga meets you where you are and can be adapted for any person. Her teaching style is an eclectic, therapeutic mix of Somatics, SomaYoga, precision of alignment, and the breath-synchronized practices of Viniyoga and vinyasa. Linda is certified 500 CYT by Prairie Yoga and teaches students of all ages. She is a Certified

YogaKids® teacher and has certification for working therapeutically with seniors by Duke Integrative Medicine. Linda has been dedicated to mentoring yoga teachers for many years and is a teacher trainer in the 200 & 500 hour Prairie Yoga Teacher Training programs.



REGISTRATION AND PAYMENT

For more information, please call or e-mail us.

- To register, answer the application questions below and email to prairieryoga@comcast.net, lintroutman@gmail.com and info@just-breatheyoga.com
- Mail check for \$100 application processing fee made payable to Just Breathe Yoga Studio LLC, 20660 Caton Farm Rd, Unit C, Crest Hill, IL 60403. Or call Pat Perrier (815-546-2770) to pay the \$100 application fee by credit card; 4.5% transaction fee added for credit card payments.
- Upon acceptance, please contact Just Breathe Yoga Studio, LLC to arrange your tuition payment and to receive a copy of the trainee agreement. Please make all checks payable to Just Breathe Yoga Studio, LLC. *Returned checks subject to \$50.00 fee.*

5 Free yoga studio classes at Just Breathe Yoga, LLC are included with your tuition.

Begins with your first tuition payment and expires 3 months after your last training class.

No cash value. Non-transferable. Non-extendable.

\$100 application processing fee

Non-refundable, except if you are not accepted. Applied as credit toward tuition.

\$3500 if paid in full by Friday, August 30, 2019

\$3750 thereafter

Payment plan available for additional \$150; For details, contact Pat Perrier (815) 546-2770.

Refunds: Requests for refunds must be submitted in writing to the Director, Lori Gaspar at prairieryoga@comcast.net and Pat Perrier at info@just-breatheyoga.com Refunds are limited and are not available after the second training class day.

REGISTRATION FORM

Name: _____

Billing Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

APPLICATION

Please email responses to lintroutman@gmail.com, info@just-breatheyoga.com and prairieryoga@comcast.net (include original question in response).

1. Name
2. Address
3. Primary Phone
4. E-mail address
5. Emergency Contact
6. Date of Birth
7. How long have you been practicing yoga? Please describe your personal yoga practice.
8. What yoga style or method have you practiced? Do you prefer a certain style?
9. Do you have a job? If so, please describe.
10. Are you teaching yoga now? Where? Approximately how many hours per week?
11. Why are you interested in this training? What do you hope to gain from this experience?
12. Have you studied yoga before? Where and with whom?
13. Please describe your health history.
14. Please describe your emotional and mental health.
15. How is your health now? Do you have any recent injuries? Please describe.
16. Are you currently taking any medications? Please describe.
17. List activities, hobbies, interests.
18. List anything interesting you would like us to know about you.
19. Identify the dates and location of the program you are applying to (2019-2020 Tuesdays at Just-Breathe Yoga Studio, LLC Crest Hill, IL).

Upon acceptance, you are required to read and sign our trainee agreement which outlines the policies and certification requirements of the training. This information is also provided on our website at www.prairieryoga.org.

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____

Date: _____

Register with: Pat Perrier at Just Breathe Yoga Studio, LLC

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For more information: **Prairie Yoga** 4701 Auvergne Avenue, Suite 203, Lisle, IL 60532 (630) 968-3216 prairieryoga@comcast.net prairieryoga.org