



200 hour Foundation Yoga Teacher Training

April 2016 - March 2017 at The Yoga Sangha, Madison, WI

**SPONSORED BY
THE YOGA SANGHA AT
CAPITAL FITNESS**

15 N. Butler Street
Madison, WI 53709

FOR MORE INFORMATION

Registration: Ellen McKenzie
(608)251-1245

ellen@theyogasangha.net

Certification and Training:

www.prairiyoga.org

prairiyoga@comcast.net

INSTRUCTOR

Primary: Ellen McKenzie, 500 E-RYT

SCHEDULE

2015-2016 Weekends

Saturday, 1:00 - 8:00 pm

Sunday, 11:30 am - 6:30 pm

Includes daily meal break

Apr. 16-17 / May 21-22 / Jun.

11-12 / Jul. 9-10 / Aug. 13-14 /

Sept. 10-11 / Oct. 8-9 / Feb.

11-12 / March 11-12

***No Class Nov, Dec or Jan.

TUITION*

\$100 non-refundable, non-transferable deposit

\$3700 if paid in full by 3/16/16

\$3850 thereafter (See reverse for details)

4% transaction fee added for credit card payments

\$150 fee for payment plans (Contact The Yoga Sangha for details)

REQUIRED EVENTS*

Fundamentals of Yoga Anatomy

with Marinda Stopforth

April 30 - May 1, 2016

Fri. 4-8 p.m, Sat. 11-6pm, Sun, 10-4 p.m.

(15 contact hours)

Held at The Yoga Sangha

Master Teacher Immersion

with Gabriel Halpern

July 16 - July 17, 2016

Sat. 9-12pm The Art of Body Sighting

Sat. 2-5pm Yoga 101, Mastering the Basics

Sun. 8:30-12:30pm Good For What Ails You

Held at The Yoga Sangha

Finding Your Dharma,

Building A Career with Ellen McKenzie

Fridays, June 10 and Oct. 7, 2016

6-8:00pm

Held at The Yoga Sangha

See back of flyer for additional requirements.

Schedule and requirements subject to change

Fees for required workshops included in tuition

Fees for books are not included in tuition.



Prairie Yoga 200 hour Teacher Training will deepen your own personal practice and prepare you to intelligently teach beginning and intermediate yoga classes from your own heart-felt path. We believe that establishing a firm foundation in your own yoga practice is key to becoming an inspiring yoga teacher.

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. By immersing yourself in the study of yoga, you move toward becoming a balanced, whole individual deeply united with yourself, others and the world that we live in.

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

Is Teacher Training For You?

The training is designed for those who want to become yoga teachers as well as for 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.

Additional Certification Requirements

- Complete 15 hours of Fundamentals of Yoga Anatomy; Marinda Stopforth
- Complete 10 hours of Master Training with Gabriel Halpern
- Attend 4 hours Discussion with Ellen
- Attend 10 hours of group classes with Ellen McKenzie
- Observe and assist a senior teacher 20 hours
- Complete all homework assignments (approximately 3-5 hours per week)
- Teach 2 community classes
- Read 4 of the 7 required books 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 workshops 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 Kraftsow

Yoga Sutras of Patanjali translated by Swami Satchidananda

Scientific Keys 1: Key Muscles of Yoga by Ray Long

Required Reading (Pick 4 out of 7)

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 and Beyond by T.K.V. Desikachar

Overcoming Trauma through Yoga:

Reclaiming Your Body by David Emerson



Primary Instructor

Ellen McKenzie directs the Yoga Sangha and serves as faculty for Prairie Yoga at multiple mid-west locations. Her journey with Prairie Yoga began in 2009 when she participated in Cascade Yoga's first training. Ellen has been a Prairie Yoga student, mentor, assistant teacher and is honored to be lead teacher trainer in Grand Rapids Madison & West Peoria. Ellen studies intensively with Tias Little and completed her 500 Hour with Theresa Murphy in 2014. She views yoga and meditation as a path to healing and balancing the body, mind and spirit. Her aim is the creation of an internal environment ripe for sustainable transformation.

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REGISTRATION AND PAYMENT

- To apply for admission:
 - answer the application questions below and email to ellen@theyogasangha.net
 - Applications must be submitted by 3/25/16
 - pay a \$100 non-transferable deposit to hold your spot.
 - Deposits are applied towards tuition.
 - complete entrance interview either in person or over the phone with Ellen McKenzie.
 - Acceptance not guaranteed.
- After acceptance, payments are made to **Capital Fitness** 15 North Butler Street, Madison, WI 53703. Returned checks subject to \$50 fee.
- To pay by credit card, please call or appear in person to The Yoga Sangha at Capital Fitness (608) 251-1245; 4% transaction fee added for credit card payments.
- \$100 non-refundable, non-transferable deposit holds your spot until March 16, 2016 when tuition is due (either full payment or the first payment in your payment plan). Deposit is credited toward last tuition payment.
 - \$3700 if paid in full by March 16, 2016
 - \$3850 thereafter
- Payment plan available for additional \$150; For details, contact The Yoga Sangha
- **Refunds:** The tuition paid by the applicant shall be refunded as outlined in the course catalog. Please see: (<http://www.capitalfitness.net/200hour>)
- **Students Right To Cancel:** The student has the right to cancel the enrollment agreement until midnight of the 3rd business day after the student has received notice of acceptance. Upon cancellation, any tuition paid will be refunded within 10 business days.

APPLICATION

Please email responses to: ellen@theyogasangha.net and prairieyoga@comcast.net. (include original question in response).

1. Name
2. Address
2. Primary Phone
3. E-mail address
3. Emergency Contact
4. Date of Birth
5. How long have you been practicing yoga? Please describe your personal yoga practice.
6. What yoga style or method have you practiced? Do you prefer a certain style?
7. Do you have a job? If so, please describe.
8. Are you teaching yoga now? Where? Approximately how many hours per week?
9. Why are you interested in this training? What do you hope to gain from this experience?
10. Have you studied yoga before? Where and with whom?
 11. Please describe your health history.
 12. Please describe your emotional and mental health.
 13. How is your health now? Do you have any recent injuries? Please describe.
 14. Are you currently taking any medications? Please describe.
 15. List activities, hobbies, interests.
 16. List anything interesting you would like us to know about you.
 17. Identify the dates and location of the program you're applying to (Peoria 20-15-2016).

Upon acceptance, you are required to read and sign our trainee agreement which outlines the policies and certification requirements of the training.