



250 HOUR FOUNDATION YOGA TEACHER TRAINING



Wednesdays

September 2024 - April 2025

in Glen Ellyn, IL

Our 250 hour Foundation Yoga Teacher Training will deepen your own personal practice, enrich your understanding of all 8 limbs of yoga and give you the skills to teach yoga intelligently with your own heart-felt style. We believe that establishing a firm foundation in your own yoga practice is key to becoming an inspiring yoga teacher.

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 we live in.

WHO IS THIS TRAINING FOR?

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 yoga experience is required to enroll.



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 awareness and 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 and meditation
- 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
- Learn the basics of Ayurveda and how to apply it to your daily routine and yoga practice.

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LOCATION

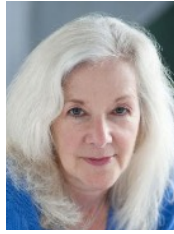
Balance Yoga + Pilates

22W550 Poss St, Glen Ellyn, IL 60137

INSTRUCTOR

TRICIA FISKE, E-RYT 500, YAACP,

Level 3 ParaYoga Instructor, has been a teacher since 1999. She is primary faculty for Prairie Yoga's Teacher Training programs. Tricia is a leader in the west suburban yoga community and continues to train and influence yoga teachers in the area. She has been studying with ParaYoga founder Rod Stryker since 2000 and is one of the first Level 3 certified yoga teachers in the ParaYoga tradition.



SCHEDULE

(26) Wednesdays 11:10 am - 3:40 pm

September 18, 2024 - April 9, 2025

No class 11/27, 12/25, 1/1 and 4/2

TUITION*

\$3950 regular price

\$3700 early price if paid in full by

Wednesday, August 14, 2024

4.5% transaction fee added for credit card payments

\$150 fee for payment plans (For details contact

Balance Yoga + Pilates)

10 FREE yoga classes at Balance Yoga + Pilates are included with tuition!

REQUIRED COURSE HOSTED BY PRANA YOGA CENTER, GENEVA, IL*

FUNDAMENTALS OF YOGA ANATOMY

Meets (2) Weekends: Sat-Sun, 11:30 am - 5:30 pm

Feb 8-9 and March 8-9 2025

\$575 regular tuition,

\$525 early price paid one month prior

4.5% transaction fee added for credit card payments.

Special refund policy in effect. See website for details.

*Anatomy course fee is not included in the teacher training tuition

MAXIMUM NUMBER OF STUDENTS IN THE TRAINING IS 14.

Schedule and requirements subject to change

ADDITIONAL CERTIFICATION REQUIREMENTS*

- Complete 30 hours of Fundamentals of Yoga Anatomy training at Prana Yoga Center in Geneva, IL*
 - Attend 10 studio yoga classes at Balance Yoga + Pilates. (class fees included in tuition)
 - Attend 15 hours of elective workshops at Balance Yoga + Pilates*
 - Observe and assist a senior teacher, 15 hours
 - Complete all homework assignments (approximately 3 hours per week)
 - Teach 2 community classes at Balance Yoga + Pilates
 - Read 2 books from the book list and write a 1-2-page review for each
 - 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 included

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
 - [*From Alignment to Enlightenment Using Props to Achieve Stability and Ease in Yoga Poses*](#) by Tricia Fiske and Marianne Cirone
 - *Anatomy and Yoga: A Guide for Teachers and Students* by Ellen Saltonstall
- Supplemental Reading** (Pick any 2 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 Hanson Lasater
 - *Fire of Love: For Students of Life and Teachers of Yoga* by Aadil Palkhivala
 - *Health, Healing & Beyond* by TKV Desikachar

REGISTRATION AND PAYMENT

- To register, submit the application at: <https://www.balanceyogapilates.com/teacher-training>
- Upon application approval, pay the non-refundable \$500 deposit within 10 days to reserve your spot.
- 4.5% transaction fee added to all credit card payments.
- To save on the credit card transaction fee, you may pay by Zelle to beth@balanceyogapilates.com or check made payable to Balance Yoga + Pilates. Returned checks subject to \$50 fee.
- 5-month auto-payment plan available with credit card for additional \$150 fee.

Refunds: Requests for refunds must be submitted in writing to Beth Adas at beth@balanceyogapilates.com. Refunds are limited. See details under FAQ at: <https://www.balanceyogapilates.com/teacher-training>

For questions regarding registration:

Beth Adas at Balance Yoga + Pilates
22W550 Poss St, Glen Ellyn, IL 60137

beth@balanceyogapilates.com

<https://www.balanceyogapilates.com/teacher-training>

(630) 469-2911

For more information about the teacher training curriculum:

Lori Gaspar at Prairie Yoga

prairieryoga@comcast.net

www.prairieryoga.org