

200-Hour Yogawerks Anusara Teacher Training with Chad Satlow starts January 2011

Experience the beauty of embodiment and possibility



Chad, pictured above in Trikonasana
Photograph by Bill Tipper
Photography.

What if I want to do just one immersion or just the training?

You may be approved to enroll in single immersion sessions. Completion of the previous Level is required to enroll in successive Levels.

You may enroll in just the teacher training, if you can show full completion of the first 3 immersions.

Workshop hosted by:*



*Workshop location subject to change.

The 200-hour training is divided into two parts:
The Immersion and The Teacher Training.

Part one: is designed for both dedicated students and aspiring Anusara Yoga® teachers who are ready to study Anusara's sophisticated and life-affirming system of yoga at a deeper level.

Part two: focuses on creating inspiring themes, practicing verbal and physical adjustments, developing language skills, demonstrating effectively and the art of sequencing the class.

You will meet friends who share in the desire to live from the heart. Develop lifelong friendships and explore and participate in the Anusara kula (community). The Immersion is perfect for those wishing to delve into the mysteries and profound practices of yoga.

Immersion Level One: Intention and Studentship: Stepping Into the Flow of Grace Jan 26-30

Establish a solid foundation in the principals of Anusara Yoga, and make a deep connection to its rich philosophy.

- In-depth study of the Universal Principals of Alignment
- Study and practice of asana fundamentals and the Level 1 Syllabus
- Overview of Shiva-Shakti Tantric Philosophy & the history of yoga
- Basic Anatomy and Energy Loops

Immersion Level Two: Empowerment and Community: The Heart of Anusara Yoga Feb 23-27

Deeper understanding of philosophy and energy in the body and studies into yogic texts.

- General overview of metaphysics, cosmology and the tattvas
- Overview of Kundalini, prana, chakras, and the energy body
- Overview of the Yoga Sutras, including classical vs. tantric view
- Studies into the breath, pranayama and meditation
- Overview of the art of sequencing
- Asana postures study including modifications

Immersion Level Three: Gratitude is Attitude: Rockin' the House. Mar 30-Apr 3

Deeper understanding of philosophy. Learn to apply the revolutionary Anusara alignment principals for pre-natal, elderly and injured students.

- In-depth study of The Bhagavad Gita
- Continued study of the Anusara level I & II Syllabi
- Yoga for pregnant, elderly or injured students

Teacher Training: Level 1: May 4-8, Level 2: June 1-5

In this 93-hour training, learn the skills required to becoming an Anusara Yoga instructor. Learn how to create inspiring themes, practice verbal and physical adjustments, develop language skills, demonstrate effectively and the art of sequencing the class.

Prerequisites:

Completion of the previous Level Immersion required to enroll in successive levels.

How to Register:

Please fill out Immersion application form and mail to: Yogawerks 122 E. Main Street, Barrington IL 60010 847-713-2423 For more information, please email kathy@yogawerks.com or chad@yogawerks.com



About Chad:

Chad Satlow, Anusara™ Certified Yoga Instructor, RYT 500

Chad is internationally recognized as one of the most advanced and proficient practitioners of Anusara™ Yoga. In Chad's classes he interweaves great stories, humor, myths, yoga asana, pranayama, and meditation to help his students remember their playful spirit, innate beauty, and power. Since 2002, Chad has been studying closely with John Friend, founder of Anusara Yoga. Prior to that Chad studied in India with Pattahbi Jois, founder of the Ashtanga-Vinyasa tradition and 3 years of study with Ana Forrest.

In 2000, Chad founded Barrington Yogawerks, one of the most respected and successful yoga centers in the in the United States. Chad has taught internationally and has been a frequent presenter at yoga conferences.

Chad continues to study with his life-long teacher John Friend, and the world's foremost scholars of Hindu Tantra, Professor Douglas Brooks, and Dr. Paul Muller Ortega.

Chad will be teaching at the 2011 Toronto Yoga Show.

For more information, see:
www.yogawerks.com
www.thirdyethreads.com
www.chadsatlow.com

2011 Schedule:

Immersion:

- Immersion 1: Jan 26-30
- Immersion 2: Feb 23-27
- Immersion 3: Mar 30-Apr 3

Teacher Training 1 and 2:

- Level 1: May 4-8
- Level 2: June 1-5

- Wednesdays: noon-6pm
- Thursdays: 9am-6pm
- Fridays: 9am-6pm
- Saturdays: 10:15am - 6:15pm
- Sundays: 10:45am-4:45pm

Fees: (fees are separate for the immersion and the teacher training)

Part One Immersion 1, 2 and 3:

\$1675 (if pre-paid in full by Jan 16, save \$100 and pay \$1575)
Downpayment: \$475 due with application
Balance of \$1200 (\$1100 if you pre-pay) due by Jan 26, 2011
OR - You can choose to attend individual immersions, and pay separately \$650 each. Payment for each immersion due 1 week before start up date of each immersion.

Part Two Teacher Training:

Fee \$1875 (if pre-paid in full by April 25 2011, save \$100 and pay \$1775)
Downpayment: \$475 due with application, balance of \$1400 due by May 4, 2011.

Required Readings:

- Anusara Teacher Training Manual by John Friend
- The Yoga Sutras of Patanjali
- Bhagavad Gita by Juan Mascaro or Stephen Mitchell or Ekraht Easwaran
- Light on Yoga by BKS Iyengar
- Hatha Yoga Illustrated by Martin Kirk and Brooke Boon
- Anatomy of Movement by B. Calais-Germain
- The Splendor of Recognition

Recommended Readings:

- Bringing Yoga to Life by Donna Farhi
- The Shambala Guide to Yoga by Georg Feuerstein
- The Heart of Meditation: Swami Durgananda
- The Yoga Tradition by Georg Feuerstein
- Tao Te Ching by Guy Leekley
- Anatomy of the Spirit by Caroline Myss
- The Secret

Name _____

Phone _____

Address _____

City _____ State _____ Zip _____

Email address _____

Payment Options: (check one) (individual pre-pay by January 6th)

- Immersion - All Three Levels \$1675 Immersion - If paid by Jan 16 2011, All Three Levels \$1575
- Immersion Individual Sessions \$650 each (please indicate which session you are signing up for: _____)
- Teacher Training \$1875 Teacher Training - If paid by April 25, 2011 \$1775
- Check (enclosed) Cash Total Fees \$ _____
- Credit Card: (circle one) Visa / Mastercard

Card Number: _____

Expiration Date: _____

Signature _____

Yogawerks - Chad Satlow 200-hour Teacher Training 201
PLEASE PRINT CLEARLY

How did you hear about the training? _____

Name _____

Mailing Address _____

Home Phone _____

Work/Cell Phone _____

Email address _____

Current Occupation _____

(if yoga teacher, please add where you teach, which style(s), where you were certified, and how often you teach)

How often do you practice at home per week? _____

How often do you attend class per week? _____

What style of yoga have you practiced in the past? _____

What style of yoga do you currently practice? _____

Please state your exposure to Anusara yoga so far (classes, workshops, retreats, teacher training) Be as specific as you can (teachers, length of study, etc.) Use a separate sheet of paper if necessary. _____

Please list your most influential yoga teachers other than the Anusara teachers you listed above. How often and for how long have you studied with them? (Please attach a separate page). _____

What other schooling or training have you had that would provide a useful background to the training or that you feel will be an asset to you in your teaching (massage or other bodywork, medical or anatomical study or training, teaching in other disciplines, university degrees, etc.) Attach a separate sheet. _____

Do you meditate? If so, how often, for how long, and over how many years? Which technique? _____

Why do you want to attend this Anusara Yoga Immersion? Please attach a separate sheet and be specific in your answer)

I am applying for (check one) _____ Level 1 _____ Level 2 _____ Level 3 _____ Full 200 hour training

(Priority will be given to those enrolling in the Teacher Training.)

PLEASE READ AND SIGN POLICY ON PAGE 2 TO BE ACCEPTED. Please fill out this application and mail to

Yogawerks, 122 E. Main Street, Barrington IL 60010

Course Fees

Part One Immersion 1, 2 and 3:

\$1675 (if pre-paid in full by Jan 16, save \$100 and pay \$1575)

Downpayment: \$475 due with application

Balance of \$1275 due by Jan 26, 2011

OR - You can choose to attend individual immersions, and pay separately \$650 each. Payment for each immersion due 1 week before start up date of each immersion.

Part Two Teacher Training:

Fee \$1875 (if pre-paid in full by April 25 2011, save \$100 and pay \$1775)

Downpayment: \$475 due with application, balance of \$1400 due by May 4, 2011.

*add 3% surcharge if paying by credit card

Terms and Conditions

- A refund less a \$150 processing fee is available up to the first day of class.
- Absolutely no refunds after the first class _____ (initials here).
- Your tuition is non-transferable.
- Please include a surcharge of 3% on all credit card payments. (Visa and Mastercard)
- Returned checks subject to a \$25 return fee.
- Those not accepted in the course will be given a full refund.

Not included in the fees:

- Recommended or Required Books on the course list

Disclaimer: The course is intended to be a general guideline and a broad strategy as to the planned execution of the program. This document is not a guarantee that all coursework, classes, or programs offered will be completed or scheduled within 2010/11 and/or completed by the teacher. The certification requirements, topics, programs, classes, standards, number of hours, length of classes and deadlines are subject to change, addition, deletion, rescheduling, revision, or replacement at any time and with proper notice at the discretion of the teacher. These requirements are designed to exceed, but not necessarily conform to the Yoga Alliance National Teacher Training Certification Standards.

Signature:

Date: _____