



Barrington Yogawerks

Student Intensive/Teacher Training
Program with Chad Satlow



The Adventure

This incredible journey of becoming a yoga teacher is one of self-discovery and transformation. This five-month training will help you to go deeper than ever before in your asana practice, increase your understanding and knowledge of yoga, and systematically learn the techniques necessary to becoming an excellent teacher. Through the supportive environment we offer, your teaching will become charged with spiritual energy, confidence, and a genuine love and compassion for yourself and others. You will open your heart, develop a more vibrant body, and find your authentic voice so you can transmit the essence of yoga, which is love.

This training will draw heavily upon the philosophy of Anusara yoga and the principals of alignment, as taught by John Friend. To maintain the integrity of this teaching, we will collaborate with certified Anusara instructors from across the country. Having studied with the world's master teachers, Chad Satlow has found Anusara to be the most comprehensive and life-enhancing system available today. Anusara yoga is highly therapeutic and spiritually uplifting, inspiring the fullest expression of joy in all asanas. Anusara means "to be in the divine flow" or "to follow your heart". It is a willingness to be aware of all parts of yourself, the light and the dark, the full rainbow of sensation, perception, emotion and thought. To be in the flow is to look at whatever arises with freshness and freedom. It is accepting the world and yourself as you are, and then responding with love.

The journey of becoming a yoga teacher at Yogawerks is a three-fold transformation of your **heart** (as you discover to rejoice in your true nature), **body** (as you go deeper in your practice), and **mind** (as you increase your knowledge and understanding of yoga). The catalyst for this transformation will be the one-on-one interaction with Chad and the Yogawerks Kula (sanskrit, for community of the heart).

Come prepare to make friendships that last a lifetime.

Yogawerks

232 E. Main Street, Barrington, IL 60010

Phone 847-713-2423 • Fax: 847-202-4909 • www.yogawerks.com



200-Hour Certification Program
Winter/Spring 2004 www.yogawerks.com

The Curriculum:

Phase 1: Foundations of Yoga, Deepen your practice

Master Universal principals of alignment, learn the beauty and mystery of yoga traditions.

- Basic Sanskrit, History of Yoga, and Philosophy
- Universal Principals of Alignment
- Asana Fundamentals and Bandhas
- Yogic Anatomy and Kinesiology
- Meditation, Pranayama and Chanting
- Restorative and Partner Yoga
- Kundalini, Nadis and the Chakras
- Guided Relaxation

You will Learn from Phase 1:

- The "how" and "why" of integrated asanas
- Deep understanding of yogic history & philosophy
- Familiarity with anatomy and how it applies to asanas and common injuries

Phase 2: The Art of Teaching

Increase your confidence and ability as a yoga teacher. Learn to establish a class intention, create a sequence of asanas and speak to the hearts of your students.

- Supervised Practice Teaching
- Observation and Hands-on Adjustments
- Effective Communication and Language
- Sequencing and Class Design, Developing Themes
- Professional Practice and Ethics

You will Learn from Phase 2:

- Confidence in teaching beginners & dynamic vinyasa
- Knowledge of effective adjusting techniques
- How to apply teaching skills to your personal practice

Hours Summary

- 130 hours - Phase 1 & 2: asanas, history, anatomy
- 30 hours - electives: workshops and book reports (as approved by Yogawerks)
- 10 hours - observation of classes
- 15 hours - student teaching
- 15 hours - mentoring: hands-on training and class assisting with a teacher

We highly recommend you attend a minimum of 2 classes a week during your training. We will be offering a \$100/unlimited monthly class fee (reduced from the regular \$140/month) to encourage you to attend class as much as possible.

Pre-Requisites & Registration

Acceptance into the program will be based upon approval of your application. 1-2 years of consistent yoga practice is preferred. To receive an application go to: www.yogawerks.com, or stop by the studio.

Testimonials

"Chad's playful style makes his instruction upbeat and fun. His rich knowledge and personal passion for yoga are treasures he gladly will share with his students. Chad's enthusiasm is contagious - he inspires us to step out of our comfort zone and find our inner 'kung fu!'" – Julie Smerdon, Yoga Instructor

"Chad, you spoiled me a little with your assists in North Hampton. No other assists have even come close for me since then. I just did Baron's intermediate bootcamp and I was wishing you were there to help me open the heart chakra!" – Sarah Isenberg, Yoga Instructor

Teacher Training 2004

deepen your practice



follow your heart



www.yogawerks.com

The Trainers

Chad Satlow, Owner/Director of Yogawerks



Chad's open-heartedness, sense of humor and enthusiasm comes through in his teaching. Chad uses yoga as a tool to help his students tap into their spiritual essence. He is following in the footsteps and handstands of his mother, who has practiced yoga for over 30 years. Chad found his true calling in Anusara yoga, meaning to "be in the divine flow" or to "follow your heart" and has been following founder, John Friend,

ever since. Chad will be applying for Anusara Affiliation in early 2004. He has completed over 230 hours of Anusara study including Level 1 training and advanced training, and also has over 375 hours Ashtanga study with Ashtanga Guru Pattabhi Jois. He has the blessings and support of John Friend and his kula to continue rocking the house.

Martin Kirk has been teaching yoga since 1994. He is an Anusara Certified yoga instructor who awakened his passion for yoga at Arizona State University while earning his Masters Degree in Biomedical Engineering. Martin began his studies in Iyengar yoga, then met John Friend at an ASU workshop and became a devoted student of Anusara yoga. In order to devote his full energies to his passion, Martin left a 20-year career as an engineer in the space industry to teach and study yoga full time. He strives to instill excellence in all of his practice and teaching of yoga.



Jordan Kirk is an Anusara Certified yoga instructor and has been teaching since 1985. She dedicated 6 years to the study of yoga, meditation and philosophy while living in the ashrams of the Sivanada Yoga Vedanta organization. During this period, Jordan directed yoga centers in New York, Chicago, and Los Angeles and traveled twice to India. Jordan's background includes studying Iyengar and Ashtanga styles of yoga. Throughout all, Jordan's greatest influence and inspiration has come from her teacher, John Friend, founder of Anusara yoga.



Noah Maze, Los Angeles, CA. Recognized as one of top practitioners & Teacher Trainers of Anusara in the country.



The Schedule: January-May 2004

PHASE 1 - THE FOUNDATIONS OF YOGA

JANUARY

Sat., Sun the 10th-11th 12-6 pm
Friday the 16th 6-9 pm
Sat., Sun. the 24th-25th 12-6 pm

Optional elective workshop good towards certification: Sat., Sun. the 17-18th - 15% off regular price. See workshops to the left.

FEBRUARY

Friday the 6th 6-9 pm
Sat., Sun. the 7th-8th 12-6 pm
Sat., Sun. the 28th-29th 12-6 pm

Optional elective workshop good towards certification: Sat., Sun. the 14-15th - 15% off regular price. See workshops to the left.

MARCH

Sat. the 6th 12-6 pm
Sat the 20th 12-6 pm
Friday the 26th 6-9 pm
Sat., Sun. the 27th-28th 12-6 pm

Note: Students wishing to deepen their practice may take Phase 1 only.

PHASE 2 - THE ART OF TEACHING

APRIL

Fri the 16th 6-9 pm
Sat., Sun the 17th-18th 12-6 pm
Fri the 30th 6-9 pm

MAY

Sat., Sun the 1st-2nd 12-6 pm
Sat., Sun the 8th- 9th 12-6 pm
Friday, May 21st 6-9 pm
Sat., Sun the 22nd-23rd 12-6 pm

(Schedule and details subject to change)

Tuition

	Phase 1	Phase 2	Phase 1&2, both
Fees	\$1800	\$1200	\$3000
Early bird fees	\$1700	\$1100	\$2500
If paid by:	Dec 31, 2003	Mar 1, 2004	Dec 31, 2003

- Save \$500 – if you sign up and pay for entire program on or before Dec. 31.
- This includes your 20 hour yoga Anatomy as required for Yoga Alliance registration (a \$400 value).
- You must complete both phases to receive certification.

Yoga Alliance Certification

Our Student Intensive/Teacher Training Program is registered at the 200-hour level by the Yoga Alliance. The Yoga Alliance is a voluntary alliance of diverse yoga organizations and individual yoga teachers dedicated to upholding the integrity of yoga, establishing voluntary national standards for yoga teachers, and providing support for yoga professionals in the United States. Upon completion of our program, you will be eligible for registration as a Registered Yoga Teacher (R.Y.T.) through The Yoga Alliance.

Upcoming Workshops

- January 16-18, 2004: Anusara weekend with Noah Maze, certified teacher trainer by John Friend*
- March 25-28, 2004: Yoga Anatomy Intensive w/Martin & Jordan**
- Midwest yoga conference: May 11-16

*Friday night included as part of your teacher training package
**Friday, Saturday, and Sunday included as part of your teacher training package

Workshops and special events will be offered at a 15% discount for those enrolled in Teacher Training during that period, and unlimited monthly fee drops to \$75 (regularly \$140), 13-week individual session drops to \$100 (regularly \$195). Details: see www.yogawerks.com to download a schedule.