



# 250 HOUR FOUNDATION YOGA TEACHER TRAINING

September 2024 - May 2025  
at Prana Yoga Center in Geneva, 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.

## 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 vitality)

**Pratyahara** (internalizing the senses to reduce external distractions)

**Dharana** (developing concentration and focus)

**Dhyana** (sustaining our focus toward meditation)

**Samadhi** (Oneness)

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 and connected to 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.



**In this specialized program, you will also learn the basic principles of Ayurveda and how to apply those concepts to your yoga mat practice and your daily life.**

## 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.

## AYURVEDA (SCIENCE OF LIFE)

Yoga and Ayurveda are complementary practices that offer a body of wisdom designed to help people achieve vibrant health and to realize their full human potential. Learn how the physical and subtle body operates together. Understand the tri-doshas (vata, pitta, kapha); prakriti (unique elemental nature); vikriti (current state of imbalance) and how the gunas (sattva, rajas, and tamas) influence the state of the mind. Learn why prana (life force), ojas (deep vitality) and agni (digestive fire) define optimal health.

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## LOCATION

### Prana Yoga Center

321 Stevens St. Geneva, IL 60134

## INSTRUCTORS

**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.



**LISA BERTKE**, Founder & Director of Prana Yoga Center, is ParaYoga Level II certified, 500 E-RYT and Certified Ayurveda Specialist from the Himalayan Institute, a board certified program of the National Association of Ayurveda Medicine. With over 20 years of practice of yoga, meditation and Ayurveda, she continues to study with Rod Stryker, Tricia Fiske, Tias Little, Doug Keller, and Prairie Yoga. Lisa has deep reverence for the practice of yoga and the immense power it has to change lives.



## SCHEDULE

### Saturday-Sunday 11:00 am - 6:00 pm

September 14-15, 2024

October 12-13, 2024

November 16-17, 2024

December 14-15, 2024

January 18-19, 2025

January 25-26 2025 Ayurveda Weekend

February 15-16, 2025

March 15-16, 2025

April 12-13, 2025

May 17-18, 2025

## TUITION\*

\$3950 regular price

**\$3700 early price if paid in full by Friday,**

**August 16, 2024**

*4.5% transaction fee added for credit card payments*

*Payment plan available. See Registration and Payment.*

## REQUIRED COURSE\*

### FUNDAMENTALS OF YOGA ANATOMY

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

February 8-9 and March 8-9, 2025

\$595 regular tuition,

**\$550 early price due 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 15 hours of elective workshops at Prana Yoga Center.\*
  - Observe and assist a senior teacher, 15 hours
  - Complete all homework assignments (approximately 3 hours per week)
  - Teach 2 community classes at Prana Yoga Center
  - 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.pranayogacenter.com/250hr-teacher-training>
- Upon application approval, pay the non-refundable \$500 deposit within 10 days to reserve your spot. The deposit will be applied toward your tuition.
- 4.5% transaction fee added to all credit card payments.
- To avoid the credit card transaction fees, you may pay by check made payable to *Prana Yoga Center*. Returned checks subject to \$50 fee.
- 5-month auto-payment plan available via credit card with 4.5% transaction fee and \$150 finance fee.

**Refunds:** Requests for refunds must be submitted in writing to Lisa Bertke at [info@pranayogacenter.com](mailto:info@pranayogacenter.com).

Refunds are limited. See details at: <https://prairieryoga.org/refunds-for-teacher-training>

## For questions regarding registration:

Lisa Bertke at Prana Yoga Center  
321 Stevens Street, Geneva, IL 60134  
<https://www.pranayogacenter.com/>  
(630) 262-9642  
[info@pranayogacenter.com](mailto:info@pranayogacenter.com)