

Iyengar Yoga Weekend Intensive Series with Chris Saudek



YOGA COOP of MADISON

812 E. Dayton Street, Suite 200

Madison, WI 53703

www.yogacoop.com

The Yoga Cooperative of Madison (YCOM) is pleased to welcome Chris Saudek back to our studio in 2010-11 for a three-weekend series of Iyengar Yoga instruction. The series includes pranayama, advanced asana, and classes covering Iyengar Yoga teaching methodology. This series, Chris's 10th through YCOM, will be held at YCOM on the weekends of December 10-12, 2010, and March 11-13 and May 13-15, 2011.

There are two tracks to the 2010-11 series.

Track I: for serious students and teachers working toward Iyengar assessment at the Teacher in Training and Introductory levels. Track I consists of two Iyengar Yoga “**Teaching Methodology Classes**” (TMC) on Fridays.

Track II: for individuals working toward certification at the Junior Intermediate levels. Track II is on Saturdays and Sundays and consists of advanced asana and pranayama as well as TMC.

As space allows, Track I students will have the option of registering for the Track II asana and pranayama classes and to observe the Track II TMC. Similarly, students in Track II will have the option of registering to observe the Track I TMC. In addition there is a general asana class on Friday evenings that students in both tracks have the option of taking.

This series is for personal development in Iyengar Yoga. While the TMC will help participants investigate Iyengar Yoga methods, based on Iyengar Certification criteria established by the Iyengar Yoga Association of the United States (IYNAUS), they do not constitute a certification process.

The registration form, along with a \$100 deposit, is due October 1, 2010. **Priority will be given to prior participants who register before September 10.**

The track that is most appropriate for each applicant's level of experience is considered that person's primary track. Each applicant should select the preferred option of those listed under her or his primary track on the following “Registration Form”. Registration confirmation will be sent via email by October 15. Final payments will be due November 15, 2010.

PROGRAM INFORMATION

Dates **December 10-12, 2010 & March 11-13 and May 13-15, 2011**

Schedule

Track I	Fridays	Teaching Methodology Classes (TMC)	9:30-noon and 2:00-4:30 p.m.
Track II:	Saturdays	Advanced Asana Class TMC	9 a.m.– noon 2:00-4:00 p.m.
		Restorative/Pranayama	4:00-6:00 p.m.
	Sundays	Advanced Asana Class TMC	8:30-11:30 a.m. 1:30-3:30 p.m.
		Restorative/Pranayama	3:30-5:00 p.m.
Additional:	Friday	General Asana Class	5:30-7:30 pm

Fees for the Three-Weekend Series

			Nonmembers/members*
Track I	Option 1	Friday TMC	\$210/\$200
	Option 2	TMC + Friday Asana	\$290/\$280
	Option 3	Option 2 + Sat/Sun Asana/Restorative/Pranayama	\$650/\$620
	Option 4	Option 3 + Observe Sat/Sun TMC	\$800/\$760
Track II	Option 1	Sat/Sun TMC + Asana/Restorative/Pranayama	\$570/\$540
	Option 2	Option 1 + Friday Asana	\$650/\$620
	Option 3	Option 1 + Observe Friday TMC	\$720/\$680
	Option 4	Option 3 + Friday Asana	\$800/\$760

*Annual membership is \$60.

Additional Items:**

(1) **Missing a Session:** These workshops are offered as a three-weekend series only. Some discount may be offered to those who inform us at the time of registration that they can attend only two of the three weekends. If that is your situation, please make a note on the Registration Form indicating the dates and the reason for missing.

(2) **Scholarship Fund:** some scholarship money may be available through the Randi Chaiken Yoga for Life Fund. If you would like to be considered for a scholarship, please include a brief description of your reason for need on the Registration Form.

(3) **Installment Payments:** it may be possible to arrange to make installment payments. Please email Faith Russell to inquire.

(4) **Special Circumstances:** please include on the Registration Form any significant injuries or special circumstances that you feel Chris should know about.

**Please include information on any of these “Additional Items” in the appropriate section of the Registration Form. Attach an additional page if needed.

Registration Form

Iyengar Yoga Weekend Intensive Series with Chris Saudek

December 10-12, 2010 & March 22-13 and May 13-15, 2011

Name	
Address, including Zip Code	
Email	
<p>Circle your preferred option and the appropriate price for the 3-week series.</p> <p>1st price is for nonmembers -- 2nd price is for members.</p> <p>For information on membership, see www.yogacoop.com</p>	<p>SELECT ONE OPTION ONLY UNDER YOUR PRIMARY TRACK</p> <p>TRACK 1 –up to those working toward Iyengar Introductory Certification</p> <p>Option 1 Friday Teaching Methodology Classes (TMC) -- \$210/\$200</p> <p>Option 2 TMC + Friday Asana -- \$290/\$280</p> <p>Option 3 Option 2 + Track II Asana/Restorative/Pranayama -- \$650/\$620</p> <p>Option 4 Option 3 + Track II TMC -- \$830/\$780</p> <p>TRACK 2—those working toward Junior Intermediate Certification</p> <p>Option 1 Sat/Sun TMC + Asana/Restorative/Pranayama -- \$570/\$540</p> <p>Option 2 Option 1 + Friday Asana -- \$650/\$620</p> <p>Option 3 Option 1 + Track I TMC -- \$750/\$710</p> <p>Option 4 Option 3 + Friday Asana -- \$830/\$780</p>
\$100 Deposit	<p>Check for \$100 Deposit Enclosed? Yes/No</p> <p>Check #:</p> <p>Make Check Payable to: Yoga Coop of Madison</p>
Information on Participant	<p>Current Certification Level:</p> <p>Primary Teacher:</p> <p>Interested in further certification?</p> <p>If yes, in what year do you anticipate applying?</p>
Additional Information (based on the description on “Program Information” page)	

Return the registration form with your deposit of \$100 by October 1, 2010.

Send deposit and registration to Faith Russell, 606 Clemons Avenue, Madison, WI 53704. Registration will be confirmed on or before October 15, 2010. If you do not receive confirmation, please e-mail Faith Russell (faithrussell@charter.net) or call Faith at 608-249-0640 to inquire.