

**Preparation for Iyengar Yoga Assessment  
With  
Chris Saudek  
Teacher In Training and Introductory Levels  
The Yoga Place  
La Crosse, Wisconsin  
July 6–8, 2010**

**Description:** This assessment preparation is open to any Iyengar yoga student/teacher who is interested in certification. It is designed to help students prepare for assessments. There will be classes set up with local students for you to teach and those who desire to teach will be asked to teach 2-6 poses in sequence just as you would in an assessment situation. Critique will be given and suggestions for improvement will be made. There will also be a mock written exam, demonstrated practice, asana and pranayama classes . **A minimum of 8 students will be required to hold the workshop. A maximum of 16 students will be accepted** so that each student is assured of a good learning experience and feedback to help develop their teaching skills. Teaching will be voluntary so those wishing to learn by simply observing are also welcome.

**About Chris Saudek:** Chris is certified at the Senior Intermediate III level and has been a devoted student of the Iyengars for over 30 years. She has traveled to India many times to study at the Ramamani Iyengar Memorial Yoga Institute, most recently in February 2010. She has been an assessor since 1990 and involved with training and mentoring teachers for many years. She is well-known for being demanding yet compassionate. Chris is particularly interested in teaching students and teachers how to question and learn on their own which gives them the tools to continue to improve and grow in their practice and teaching. She is the principle teacher and director of The Yoga Place in La Crosse, Wisconsin and teaches workshops in the United States, Canada, and Costa Rica.

**Refund Policy:** There are no refunds after May 1<sup>st</sup>. Cancellation after registration and before May 1<sup>st</sup> is subject to a \$75 processing fee.

**Cost:** \$350 if paid by May 1<sup>st</sup>, \$400 if after May 1<sup>st</sup>.

Students are encouraged to volunteer to be students in the practice teaching classes for the Jr. Int. candidates (July 9, 5:15 – 6:45, July 10, 9:00 – 10:30, 3:00 – 5:00, July 11, 3:00 – 5:00) and can take the inversion/restorative/pranayama class on July 10, 6:00 – 8:00 pm and the asana class on July 11, 9:00 – 12:00 for \$30 and \$40 respectively.

**(over for schedule and registration)**

**Schedule:**

Tuesday, July 6

- 9:00 – 10:00 am Welcome, Introductions
- 10:00 – 11:00 am – Demonstrated Practice – Pranayama
- 11:00 – 1:00 Demonstrated Practice – Asana
- 5:15 – 6:45 pm Practice Teaching
- 6:45 – 7:45 Discussion

Wednesday, July 7

- 9:00 – 10:30 am – Practice Teaching
- 10:30 - 11:30 – Discussion
  
- 3:00 – 5:00 – Inversions/Restorative/Pranayama Class
- 6:00 – 7:30 – Practice Teaching
- 7:30 – 8:00 - Discussion

Thursday, July 8<sup>th</sup>

- 8:30 – 10:00 Practice Teaching
- 10:00 – 11:00 Discussion
- 11:00 – 1:00 Asana Class
- 4:30 – 6:00 Practice Teaching
- 6:00 – 7:00 Discussion and Closing

**Registration Form (please print very clearly, especially email address)**

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone\_\_\_\_\_ Email\_\_\_\_\_

Address\_\_\_\_\_

Certification Level you are working toward\_\_\_\_\_

Will you be going for certification this year? Yes\_\_\_\_ No\_\_\_\_

Do you want to teach? Yes\_\_\_\_ No\_\_\_\_

Payment Enclosed: \_\_\_\_\_ (please indicate extra classes if applicable)

**Send this form with check made out to Chris Saudek to Attn. Chris, The Yoga Place, 444 Main St., La Crosse, WI 54601 website for directions: [www.yogalacrosse.com](http://www.yogalacrosse.com)**