

**Preparation for Iyengar Yoga Assessment
With
Chris Saudek
Junior Intermediate Levels
The Yoga Place
La Crosse, Wisconsin
July 9-11, 2010**

Description: This assessment preparation is open to any Iyengar yoga student/teacher who is interested in Jr. Int. 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.

Cost: \$350 if paid by May 1st, \$400 if after May 1st.

If students desire to also come for the Teacher in Training and Introductory Levels Assessment Preparation Workshop held July 6-8, 2010, please email Chris for information on special pricing.

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

(over for schedule and registration)

Schedule:

Friday, July 9

- 9:00 – 10:00 am Welcome and 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 pm Discussion

Saturday, July 10

- 9:00 – 10:30 am Practice Teaching
- 10:30 – 11:30 Discussion

- 3:00 – 5:00 pm Practice Teaching
- 5:00 – 6:00 pm Discussion
- 6:00 – 8:00 Inversions/Restorative/Pranayama class

Sunday, July 11

- 9:00 – 12:00 Asana Class
- 3:00 – 5:00 Practice Teaching
- 5:00 – 6:00 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