

Application for 2009-2010 Iyengar Yoga Intensive and Teacher Training with Chris Saudek in Madison, Wisconsin, at the Yoga Cooperative of Madison

Dates: December 11-13, 2009; and March 12-14 and June 18-20, 2010

Schedule:

Saturday 9-12 a.m.	Advanced Asana Class
Saturday 2-4 p.m.	Teacher Training/Sutra Discussion
Saturday 4-6 p.m.	Inversions/Restorative/Pranayama
Sunday 8:30 a.m. –11:30 p.m.	Advanced Asana Class
Sunday 1:30-3:30 p.m.	Teacher Training
Sunday 3:30-5:00 p.m.	Inversions/Restorative/Pranayama

Optional*:

Assessment Preparation Series	Friday 1:00 – 4:30 p.m.
General Asana Class	Friday 5:30 – 7:30 p.m.

* The Friday Assessment Preparation Series is not part of the main teacher training series, but is an optional additional teacher training opportunity. The Friday General Asana Class is not part of the teacher training, but teacher training participants are strongly urged to attend.

Chris Saudek has been leading a teacher's group in Madison for many years now, with many participants taking the training each year. Past participants have especially appreciated the strong community that the three weekends develop and find that there is always something more to learn. Newer and more experienced teachers are welcome.

The training is for serious teachers (and students who are training to become teachers) of Iyengar yoga. Those applying for this program should be completely committed to the Iyengar method and not mixing other methods with their study or teaching of yoga. The teacher training will focus on practice teaching and will include discussions of modifications for students with special needs and practice of hands-on corrections. There is usually some sutra and anatomy discussion. Applicants should have an established personal practice of asana, pranayama, the yamas, and the niyamas. Participants in the Assessment Preparation Series will be required to do some homework. In addition, everyone should be prepared to do some study outside of class.

Please note that applications will be considered in the order in which they arrive. However, some consideration may be given to achieving a mix of participants at various levels of teaching experience. In addition, priority will be given to participants who can attend all three weekends. If you know you would have to miss one weekend, and have indicated as much on the registration form, there may be some discount on the series price available, depending on total enrollment.

If you have read the above and feel that you would be a good candidate for this program, please send in your registration materials as soon as possible, but no later than October 1. Please note: all applicants must fill out Part I of the following application

form. In addition, new applicants must fill out Part II, and past participants in a teacher training series with Chris must fill out Part III. To complete your registration, please do the following: (a) send one copy of your answers to the application questions to Chris Saudek at The Yoga Place, 444 Main Street, La Crosse, WI 54601; and (b) send a second copy of your answers and your completed registration form with installment fee to Faith Russell at: 606 Clemons Avenue, Madison, WI 53704. You will be informed of your place in the teacher training series as soon as possible, and no later than October 15, 2009.

Part I – For All Applicants

Name _____

Snail mail address _____

E-mail address _____ Phone _____

Years of Iyengar yoga as a student _____, as a teacher _____

Certification level _____

Are you interested in becoming certified if not already, or in upgrading if you are?

____yes ____no

If you have a regular teacher please give the name _____

Part II – For New Applicants Only

Please respond to the following:

List all workshops you have done in the past 2 years. Include teacher training. Also list the classes that you attend on a regular basis as a student.

If you teach, list classes you teach or have taught in the past year and include levels, number of students, whether the classes run in a series or are drop-in, and how you determine what to teach to the different levels. Please include your publicity brochure or a copy of your class descriptions from your website.

If you have attended any teacher training previously, please write a short paragraph of what you have learned and how it has helped you in your practice and/or teaching. If you have not attended any teacher training previously, please write a short paragraph on what you would expect to gain from doing so.

Write a short paragraph on why you have chosen to pursue Iyengar yoga rather than any other method and what “Iyengar yoga” means to you.

Write a one or two page narrative on your practice, including descriptions of: (a) the asanas you are especially working on and how you determine what asanas you practice regularly; (b) the pranayamas you are working on; and (c) the yamas and niyamas that you are especially conscious of in your daily life at the present time. Also mention any physical problems and how they affect your practice. You may also mention things that you find come in the way of your practice.

For new applicants interested in the Friday Assessment Preparation Series, please also discuss what, in particular, you feel that you need help with in preparing for your next assessment.

Part III – For Past Participants Only

Please write a paragraph discussing what you hope to get out of this training.

For applicants for the Friday Assessment Preparation Series, please also discuss what, in particular, you feel that you need help with in preparing for your next assessment.