

IYENGAR YOGA INTENSIVES & TEACHER TRAINING
with
CHRIS SAUDEK

At the Yoga Cooperative of Madison
812 East Dayton Street, Suite 200, Madison, WI

The Yoga Cooperative of Madison (YCOM) is pleased to welcome Chris Saudek back to our studio in 2009-2010 for three weekends of intensive classes and teacher training in Iyengar yoga. This series, Chris's 9th through YCOM, will be held at the Coop on the weekends of December 11-13, 2009, and March 12-14 and June 18-20, 2010.

Each weekend includes 13.5 hours on Saturdays and Sundays for the main intensive/teacher training series, consisting of the following: (a) a 3-hour advanced asana class each morning; (b) two hours of teacher training and philosophy discussion each day after lunch; and (c) 1½ to 2 hours of later afternoon class each day to include inversions/restorative/pranayama. The teacher training component of this series will focus on practice teaching of poses appropriate to the level of the participant, based on the Iyengar yoga certification syllabi. The fee for the 40.5-hour series is \$570: \$100 is payable upon application for the training, and the remainder is due November 20, 2009. [For members of the Yoga Coop, the total fee for the series is \$510, with \$100 payable upon application and the remainder due November 20.]

The 2009-10 training will also feature an optional, additional assessment preparation series on Friday afternoons, from 1:00 to 4:30 p.m., with a specific focus on assessment. The additional fee for the assessment preparation series is \$150 (\$135 for Coop members). The installment fee, due at registration, is \$50. Finally, there will also be a general class on the Friday of each weekend in the series from 5:30 – 7:30 p.m. Teacher training participants may pre-register for all three at a fee of \$85 (\$75 for Coop members). The installment fee, due with registration, is \$40. Some scholarship money is available – see note on following page.

Dates	December 11-13, 2009 & March 12-14 and June 18-20, 2010	
Optional Series/Classes	Friday:	1:00 – 4:30 p.m. – Assessment Preparation Series
	Friday:	5:30 – 7:30 p.m. – General Asana Class
Main Teacher Training Series	Sat.:	9 a.m. – noon – Advanced Asana Class 2-4 p.m. – Teacher Training 4-6 p.m. – Inversions/Restorative/Pranayama
	Sun.:	8:30 -11:30 a.m. – Advanced Asana Class 1:30 - 3:30 p.m. Teacher Training 3:30-5 p.m. – Inversions/Restorative/Pranayama
Series Fee	Main Teacher Training -- \$570 (\$510 for YCOM Members) Assessment Preparation-- \$150 (\$135 for YCOM Members) General Asana Class -- \$85 for all 3 (\$75 for YCOM Members)	

Registration Form

Name _____ Phone _____

Address (City, State & Zip Code) _____

E-mail address _____

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

Installment – Teacher Training \$ _____ (\$100)
Friday Preparation for Assessment \$ _____ (\$50)
Friday Asana Class \$ _____ (\$40)

I fully understand your payment policy* (below) _____
(Your signature)

Deadline: October 1, 2009. Note – in addition to this registration form, **all applicants must also complete an application form and send one copy to Chris and one copy to Faith.** You will be notified as to whether there is a place for you in the series before October 15.

*Payment Policy: If you are not accepted into the main teacher training series, your full installment will be returned to you. If you are accepted but decide to withdraw before November 1, you will receive a refund of \$50. The balance for the series will be due November 20 and no refunds will be given after that date unless your place can be filled, in which case it will be the full amount minus \$100. Half of the installment fees for the Assessment Preparation and the Friday Asana Class series will be refunded if you withdraw before November 1. No refunds will be given after that date unless your place is filled and the refund will be half of your payment. If the Friday evening asana classes do not fill as a series, you may be able to sign up for an individual Friday session at a later date if space is available.

The registration deadline is October 1, 2009. **However, decisions to accept applicants will begin as applications arrive, so please apply as soon as possible.** Please cut off the registration form above and return it with your registration fee. Make your check out to **Yoga Coop of Madison** and send with registration form and one copy of the application to Faith Russell, 606 Clemons Avenue, Madison, WI 53704. Mail another copy of the **application form** to Chris Saudek at: The Yoga Place, 444 Main Street, La Crosse, WI 54601. The registration form must be sent to Faith and the application forms must be sent to Faith and Chris for your registration to be complete. Registration will be confirmed on or before October 15, 2009. If you do not receive confirmation, please e-mail Faith Russell (faithrussell@charter.net) or call Faith at 608-249-0640 to inquire.

Additional Items to Note:

(1) **Missing a Session:** depending on enrollment, some discount may be offered to those who inform us at the time of registration that they can only attend two of the three weekends. If you know that you would have to miss a session, please include a note 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 with your application.