

Teacher Training

2019

yogaview
chicago

FEBRUARY 28 - JUNE 13, 2019



> meditation
> pranayama

> alignment
> philosophy

> sequencing
> anatomy

The teacher training at yogaview is about more than just teaching. While the success rate of motivated students becoming teachers through this course is exceptionally high, many take the training mainly to deepen the experience of yoga in their lives. The capacity to be a good teacher has a lot to do with understanding how to be a good listener and learner, as well as understanding the nature of yoga. The content of this course encourages open mindedness not only because of its focus on meditation, but because the traditional approaches to yoga asana and philosophy are not just presented, but investigated. One of the advantages of the training being led by multiple instructors is the exposure to various experiences and perspectives. Exploring the rich history of yoga in a realistic way and modern approaches to traditional ideas gives participants the opportunity to creatively uncover and sharpen their own ideas, which can then serve as a real foundation for sharing ones love of yoga with others.

A recent graduate describes his teacher training experience at yogaview:

“When you train at yogaview, you’ll be opening your heart to the wonder that is life. The space that is created there is so special, so safe and so complete, that it facilitates change on every level. The teaching is refined, honest, open and accessible. Students are mindfully encouraged, supported and guided in such a way that doorways will open in places that were hitherto unseen. Training at yogaview is so much more than just doing yoga, it’s about conquering your fears, letting go of the things that don’t serve you and manifesting your dreams.”

—Claire Christiansen

Teacher Training

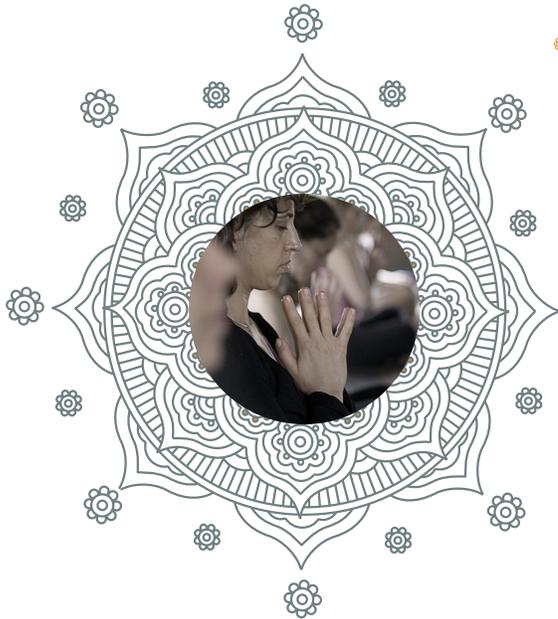
FACULTY

CLAIRE MARK

AMY OWEN

TOM QUINN

SARA STROTHER



yogaview

REQUIRED READING

- Tao Te Ching
Stephen Mitchell
- Yoga Beyond Belief
Ganga White
- How to Meditate
Pema Chodren
- Bhagavad Gita
Swami Prabhavananda
- Light on Yoga
B.K.S. Iyengar
- Yoga-Sutra of Patanjali
Chip Hartranft
- The Key Muscles of Yoga: Scientific Keys, Volume 1
Ray Long

THE COMPONENTS OF YOGAVIEW'S TEACHER TRAINING COURSE INCLUDE:

- > Principles of alignment and sequencing
- > Anatomy
- > Pranayama and bandhas
- > Meditation—practice and exploration of the nature of mind
- > Teaching Yoga
 - The use of hands-on and verbal adjustments
 - Class organization
 - Finding your own voice
 - Teaching practice
 - An introduction to restorative practice, pre-natal yoga, and freedom style yoga
 - How to teach privates
 - Utilizing music and silence during class and practice
 - The pitfalls and possibilities of making money in the modern yoga world
- > Philosophy
 - Investigate Patanjali's yoga sutras, the Bhagavad Gita, Advaita Vedanta, Tantric philosophy, Buddhist teachings and those of modern illuminaries
- > An introduction to Sanskrit words and chanting

Class times

- > Thursdays 9:00am-5:00pm

We will meet every Thursday between February 28 and June 13. In addition to the Thursday class times, participants are required to attend a minimum of 2 classes a week at yogaview, and practice at least once a week on their own. Participants are also required to meditate by themselves or with the group for at least 1/2 hour a day, observe 3 classes during the course, and complete all required reading to receive the yogaview teacher training certificate. Graduates will be able to register with Yoga Alliance at the RYT-200 level.

Cost

\$3,450

\$3,200 if paid in full by January 27th, 2019

A \$500 deposit holds your place in the training and is non-refundable unless your application is not accepted. Full payment must be received one week before the beginning of the course, and no refunds will be given after that time. The cost of the course includes unlimited classes at both yogaview locations from February 28 - June 13, 2019, but does not include books. To pay with a credit card, please include a 3% service charge. Payment plans may be available upon request.

Requirements and Application

2 years of consistent yoga practice is required to enroll in the training. To apply, please send us a letter (one page or less) stating your intention for participation, and tell us how long and with whom you have been practicing yoga. Please also include a photograph of yourself with your deposit.

For more information or questions, please contact lisa@yogaview.com or call 773-342-9642.