

# TEACHER TRAINING

MARCH 18 - JUNE 4, 2023

YOGAVIEW CHICAGO

yogaview



he 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. 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 deep and solid foundation for sharing ones love of yoga with others.



## FACULTY

LANE FENRICH

QUINN KEARNEY

CLAIRE MARK

TOM QUINN

DEB WINEMAN

One of the advantages of the training being led by several instructors is the exposure to various experiences and perspectives. In this training we will cover and explore to various degrees the following topics: meditation and the nature of mind, pranayama, anatomy, the history of modern yoga, Sanskrit terms, alignment, sequencing, how to organize and teach a well-rounded and effective class, the use of hands-on and verbal adjustments, various approaches to asanas, teaching one on one as well as group classes, using music or not during class, and the business of yoga.

## REQUIRED READING

- *Yoga Beyond Belief*  
Ganga White
- *The Key Muscles of Yoga*  
Ray Long
- *How to Meditate*  
Pema Chodren
- *Tao Te Ching*  
Stephen Mitchell
- *Lighter,*  
Yung Pueblo

## 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 and pre-natal 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, Advaita Vedanta, Tantric philosophy, Buddhist teachings and those of modern illuminaries
- > An introduction to Sanskrit words and chanting
- > Diversity and inclusivity workshop

### Class Times

- > Saturdays 12:00 – 5:00pm
- > Sundays 12:00 – 5:00pm

We will meet at yogaview Chicago each week March 18th – June 4th except for April 8 – 9th. In addition to the weekend 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. To apply, please visit [yogaview.com](http://yogaview.com). BIPOC scholarships are available.

### Cost

\$3,450.00

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 during the training 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 with questions, please contact us at [lisa@yogaview.com](mailto:lisa@yogaview.com)