

# Iyengar Yoga Teacher Training 2020 With Senior Teacher Mary Reilly

## IYNAUS Teacher Ed for Intermediate & Introductory

Yoga Tree is committed to providing quality instruction by the very best in the Midwest. We are delighted to announce Mary's sixth Yoga Teacher Trainings in Chicago and Evanston IL.

**Intermediate Teacher Training** – All CIYT's welcome - **Bring Yoga in Action Intermediate Course by Geeta Iyengar and Light on the Yoga Sutras by BKS Iyengar.**

**When:** Friday, April 3 @ 9 am – 2 pm

**Where:** Yoga Tree of Evanston  
Room 205 in Lake Street Church  
607 Lake Street Evanston, IL

### Friday's focus will be preparation of skills

1. Refinements and aspects of integration based on observation
2. Development in adept linking and integration to evoke meditative focus in the classroom

Introductory CIYT teachers are welcome to attend and may find this training helpful, informative and inspiring.

**Introductory Teacher Training** – Students of three years of Iyengar Yoga welcome

**When:** Sunday, April 5 @ 8:30 - 2 pm

**Where:** Logan Square Chicago - details to be announced

### Sunday's training focuses on

1. Teaching asanas from the foundation.
2. Teaching with clarity, and understanding how the actions of the asanas give vitality and stability to practitioners.
3. How to introduce philosophy to beginners in a meaningful way.

### This Module is for:

1. Those interested in teaching in the Iyengar Tradition (Certification not required)
2. Introductory Certified Iyengar teachers who want to hone their teaching skills.
3. Iyengar certified teachers preparing for certification.



# Bring Preliminary Course Manual and Yoga in Action Intermediate Course by Geeta Iyengar

**What is the Cost:** Friday Intermediate Training \$135 (\$120 if paid by March 1)

Sunday Introductory Training \$145 (\$130 if paid by March 1)

**Note:** Refunds granted minus \$30 processing fee til March 1. No refunds after March 10.

## Registration:

**Make checks out to YOGA CIRCLE** - NOT Yoga Tree - give to your instructor or mail to:

Lake Street Church YOGA, 607 Lake Street Evanston, IL 60201

Name\_\_\_\_\_

Address\_\_\_\_\_

Email\_\_\_\_\_

## Please indicate one of the following:

- 1) \_\_\_\_\_I have not gone through the Iyengar Certification Program
- 2) \_\_\_\_\_I am certified at \_\_\_\_\_(level certification)

Are you planning on testing in 2021? Yes\_\_\_\_\_ No\_\_\_\_\_ Any additional comments (write additional via email or backside of copy sent)

Who is your primary Iyengar certified teacher? \_\_\_\_\_

After you register Mary or an assistant will contact you regarding your expectations and goals for training. If you are certified please keep your last assessment evaluation available for Mary's guidance.