

300 Hour Advanced Yoga Teacher Training

500 Hour Certification Awarded Upon Completion

Includes 270 contact hours + 50 non-contact hours + homework

360 Studios Naperville is excited to host Prairie Yoga's comprehensive program designed to strengthen, expand and refine your teaching and sequencing skills. Study yoga philosophy and energetics in-depth and develop expertise in adaptation and therapeutic yoga. Become a specialized and highly skilled yoga teacher who can make a living teaching private lessons, specialized classes and focused workshops to a wide variety of students.

Prerequisite: 200 hour yoga teacher training



STUDIOS
FITNESS | CYCLE | YOGA | BARRE



Teaching Skills, Sequencing and The Teacher/ Student Relationship	Energetics, Pranayama and Ayurveda	Yoga Philosophy, Yoga History and Meditation	Adaptation: Common Conditions and Special Populations	The Art of Teaching Therapeutics	Yoga Nidra/ParaYoga Master Training
					
<ul style="list-style-type: none"> Refine your understanding of individualized alignment and healthy biomechanics in asana. Train your eyes to see and your body to feel habitual patterns. Learn how to guide yourself and your students into healthy posture and movement patterns. Develop the art of sequencing with intention and intelligence. Create class themes and establish energetic intentions. Refine your ability to link a yogic concept throughout a class and learn to teach with deeper intentions. Clarify your teaching skills and become more effective in your visual demonstrations, verbal instruction and hands-on adjustments. Provide an opportunity for supportive feedback on your teaching skills. Develop healthy teacher-student relationships and uphold the ethics of teaching yoga. 	<ul style="list-style-type: none"> Enhance your understanding of the energetics, psychological and subtle bodies, with a special focus on the prana vayus, primary nadis, chakras, and earth elements so that your teaching penetrates deeper layers of being. Experience and learn how to teach deep relaxation. Expand your knowledge, deepen your personal practice and refine your teaching of pranayama. Establish a daily and seasonal routine based upon the principles of Ayurveda. 	<ul style="list-style-type: none"> Plunge deep into key concepts and readings in classical yoga philosophy. Understand the principles of yoga psychology, koshas and Samkhya philosophy. Learn the history of yoga and how it relates to modern teaching. Explore a variety of meditation techniques and learn how to teach meditation effectively in a yoga class. 	<ul style="list-style-type: none"> Learn how to adapt and modify the practice for a wide variety of students and different health conditions such as low back and hip issues, seniors, cancer, scoliosis, depression, anxiety, pregnancy and more. Build a private practice, become a specialized workshop presenter and expand your teaching career. 	<p>In the normal course of life, it is inevitable that people get unexpected and unwanted ailments. It is imperative for any skilled yoga teacher to be able to guide their student when these health problems show up. We explore:</p> <ul style="list-style-type: none"> Therapeutic adaptations to address limitations or concerns, including breath work and asana. Techniques to reduce stress and increase relaxation <p>Special focus on feet, posture and balance, knees, hips and low back, shoulders and neck, and restorative. We will include the fundamentals of how to sequence classes to enable each student to reach their full potential.</p>	<p>ParaYoga Nidra is the sublime science of enlightened sleep, rooted in a vast body of knowledge and ancient tradition. ParaYoga Nidra has five distinct aims or outcomes, thus, the template for the practice changes depending upon which one of these five you wish to achieve.</p> <p>On the most basic level, ParaYoga Nidra is a comprehensive method for maximizing health and well being. On a deeper level, it is a profoundly spiritual practice and somewhere in between, it is one of the most profound and accessible ways to positively reshape the unconscious.</p> <p>ParaYoga Nidra is a potent modality for:</p> <ul style="list-style-type: none"> Healing Transformation Sankalpa Transcendence Accessing the timeless wisdom of the Mandukya Upanishad. This scripture provides insights into the 4 states of consciousness and the sublime practice of Yoga Nidra.
<p>Great Teachers Never Stop Learning</p>					
<div style="display: flex; align-items: center;"> <div data-bbox="441 1690 690 1759" style="background-color: black; color: white; padding: 5px;">Advanced Anatomy</div> <div data-bbox="441 1759 690 2026">  </div> <div data-bbox="690 1759 1182 2026" style="padding-left: 20px;"> <p>Look beyond the attachments of muscles and bones, and explore the interconnectedness of the myofascial fabric of the body. We will look at how experience of this continued communication through the entire body inform an intelligent yoga practice.</p> </div> </div>					

500 Hour Certification Requirements

PREREQUISITE

Participants may register after completing a 200 hour yoga teacher training.

ADVANCED YOGA TEACHER TRAINING COURSE (270 HOURS)

Topics include:

- Teaching Skills- how to improve your verbal, visual and manual instruction
- Sequencing - how to sequence for different intentions
- Ethics and the teacher-student relationship
- Intermediate -level asana and modifications
- Energetics - chakras, prana vayus, earth elements, Ayurveda and pranayama
- Yoga Philosophy- the Self, pancha koshas, yoga psychology and key concepts from the Yoga Sutras, Upanishads, Hatha Yoga Pradipika and Bhagavad Gita
- Yoga History
- How to teach meditation effectively
- Adaptations - how to adapt the practice of yoga for different populations and common conditions such as low back, hip, scoliosis, prenatal, depression, cancer survivors, seniors and more
- The Art of Teaching Therapeutics
- How to teach private lessons, specialized classes and workshops
- Advanced Yoga Anatomy
- Yoga Nidra Master Training
- Teaching Demonstrations

NON-CONTACT REQUIREMENTS

(50 non-contact hours required plus homework)

- **Complete all homework assignments**
- **Pass all quizzes at 80% or greater**
- **3 hours of community service**
Donate your yoga teaching to a cause (3 non-contact hours)
- **Teach 5 private lessons** and write 1-2 page overview of each (10 non-contact hours)
- **Final Culmination Teaching Project:** Research, develop, market and teach 6 hours of a specialty yoga topic of your own interest as approved by your advisor (37 non-contact hours)

REQUIRED COURSE BOOKS

(purchase the latest edition of the books on your own)

- *Light on Life* by B.K.S. Iyengar
- *Hatha Yoga Pradipika* by Swami Muktibodhananda
- *The Bhagavad Gita* translated by Eknath Easwaran
- *The Upanishads* translated by Eknath Easwaran
- *Light on Pranayama* by B.K.S. Iyengar
- *The Hidden Secret of Ayurveda* by Dr. Robert E. Svoboda
- *Theme Weaver* by Michelle Berman Marchildon
- *The Therapeutic Wisdom of Yoga Vol. 1 Foundations* by Doug Keller (purchase at doyoga.com)

FACULTY

Tricia Fiske, BA, E-RYT 500, YACEP

Lori Gaspar, BFA, MA, C-IAYT, E-RYT 500, YACEP

Marinda Stopforth, OTR, E-RYT 500

Linda Troutman, BS, C-IAYT, E-RYT 500, YACEP

Alison Larkin, BSN, Certified Ayurvedic Practitioner, CYT 500

TUITION

\$5968

\$5425 early bird if paid in full by Tuesday, August 20, 2024

4.5% transaction fee added for credit card payments..

Deposit

\$500 non-refundable* deposit required to secure your spot in the training. *Deposit will be refunded only if the training is cancelled by 360 Studios.

Auto-Payment Plan (12 months)

\$150 payment plan fee

After the \$500 non-refundable deposit has been made, the remaining balance will be paid \$491.11 per month for 12 consecutive months. Includes the \$150 fee for payment plan and the 4.5% fee added for credit card transaction.

REFUNDS

Refunds are limited. If a student cancels:

- **30 calendar days or more** before the first training class, the student will be refunded tuition paid minus the \$500 deposit.
- **29 days or less** before the first training class, the student will be refunded tuition paid minus \$1000.
- **No refunds after the first training class.**
- Requests for refunds must be submitted in writing to Jill Griffiths at sragriffiths48@gmail.com.

APPLICATION/REGISTRATION

- Last day to apply and place deposit for Advanced Training is Friday, September 6, 2024.
- Download the Advanced Training application at <https://www.360studiosnaperville.com/300-hour-training>
- You are required to provide proof of 200 hour certification.
- You will be assigned an advisor for guidance and support on your requirements.

Schedule, faculty and requirements subject to change.

LOCATION OF TRAINING

360 Studios Naperville

1807 South Washington St.

Naperville, IL 60565

For More Information Contact:

Jill Griffiths at sragriffiths48@gmail.com



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Course Schedule: September 2024 - December 2025

TUESDAYS 11 am - 330 pm (189 contact hours)

Teaching Skills, Sequencing and The Teacher/Student Relationship with Tricia Fiske

(45 contact hours = 10 weeks)

September 17 - November 19, 2024

Energetics, Pranayama and Ayurveda with Tricia Fiske

(45 contact hours = 10 weeks)

January 7 - March 11, 2025

Yoga Philosophy, Yoga History and Meditation with Lori Gaspar

(36 contact hours = 8 weeks)

April 22 - June 10, 2025

Adaptation: Common Conditions and Special Populations with Linda Troutman

(54 contact hours = 12 weeks)

September 9 - November 25, 2025

Final Teaching Demonstrations with faculty

(9 contact hours = 2 weeks)

December 9 and 16, 2025

WEEKEND WORKSHOPS (81 Contact Hours)

Advanced Anatomy with Marinda Stopforth (30 contact hours)

2 Weekends:

March 22-23 and April 12-13, 2025

Saturday - Sunday, 11:00 am - 6:00 pm

The Art of Teaching Therapeutics with Linda Troutman (12 contact hours)

May 3-4, 2025

Saturday - Sunday, 11:00 am - 5:30 pm

Yoga Nidra Training with Tricia Fiske (40 contact hours)

3 Weekends:

Sept 13-14, Oct 11-12, Nov 8-9, 2025

Saturday - Sunday, 11:00 am - 5:30 pm

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Jill Griffiths at sragriffiths48@gmail.com



Faculty

LORI GASPAR, BFA, MA, C-IAYT, 500 E-RYT, YACEP, MOVNAT® TRAINER, is the Founder and Director of Prairie Yoga® and creator of Yoga for Strength and Stability®. Known as a "teacher of teachers" – she developed the yoga teacher training curriculums that have trained over 700 yoga teachers in the Midwest. Her current teaching integrates natural movement to bring more strength and stability into the yoga practice. Lori is a certified yoga therapist, writes for a number of yoga publications, served on Yoga Alliance's Ethics and Standards Advisory committees and was named by *Yoga Chicago* as an outstanding woman leader in Chicago's yoga community. She has been featured in *Yoga International*, *Voyage Chicago*, *Mantra Yoga+Health*, *Yoga Chicago*, and *Yoga Teacher Magazine*.



TRICIA FISKE, 500 E-RYT, YACEP, LEVEL 3 PARAYOGA INSTRUCTOR, has been a teacher since 1999. She is primary faculty for Prairie Yoga's Teacher Training programs. Tricia is a leader in the west suburban yoga community and has trained and influenced many teachers in the area. She has been studying with ParaYoga founder Rod Stryker since 2000 and is one of the first level 3 certified teachers in the ParaYoga tradition. ParaYoga's mission is to touch as many lives as possible with the power and wisdom of yoga. It recognizes Yoga as an ancient tradition, capable of enriching all aspects of modern life. Its unique focus is to offer an approach into the depths of yoga science.



MARINDA STOPFORTH, OTR/L, 500 E-RYT, YACEP is a graduate of Prairie Yoga, a faculty member for Prairie Yoga's Teacher Training Programs and a CE provider through Yoga Alliance. Her teaching style presents the wisdom of the "mind-heart-body" connection and offers students a deeper understanding of anatomy and alignment. Marinda enjoys teaching workshops on the topics of adjustments, sequencing and the use of yoga props, like the chair and the rope wall. Students enjoy Marinda's creative and playful approach to learning. A former occupational therapist, she is certified in aromatherapy, reflexology and is a Reiki Master Teacher. She is a residential trainer in the study of consciousness for The Monroe Institute in VA, with her husband, Bob, and is a certified 1:1 Provider for the Institute of HartMath, CA.



LINDA TROUTMAN, BS, C-IAYT, 500 E-RYT, YACEP has practiced yoga for over 30 years and taught for 20 years. Linda is a C-IAYT yoga therapist with a 1000 hour yoga therapy certification from Yoga North and International Soma Yoga Institute. As a highly regarded yoga therapist, students seek out Linda's therapeutic expertise for private yoga therapy lessons both in-person and on zoom. She is primary faculty for the 250 and 300 hour teacher trainings at Prairie Yoga and teaches continuing education workshops for yoga teachers. Linda has earned a Certificate for Therapeutic Yoga for Seniors Professional Training from Duke Integrative Medicine; is certified 500 hour by Prairie Yoga; is a Certified YogaKids® teacher; and certified Yoga for Healthy Aging teacher through Baxter Bell, MD.



ALISON LARKIN, BSN, CERTIFIED AYURVEDIC PRACTITIONER, 500 CYT, is a certified yoga teacher, registered nurse and certified Ayurveda Practitioner. She was originally certified to teach yoga by Moksha Yoga Center and completed her 500 hour advanced yoga teaching certification with Prairie Yoga. Alison teaches Ayurveda in Prairie Yoga's Teacher Training Programs. Alison's classes combine her breadth of knowledge in the healing arts. She adapts the practice of yoga to your individual composition and current condition, bringing you into a state of balance.

