

# Iyengar Yoga Teacher Training With Chris Saudek

Preparation for Iyengar Yoga Assessment  
**Junior Intermediate Levels**

The Yoga Place

La Crosse, Wisconsin

June 29 – July 1, 2008

Optional classes June 26-28 with Teacher in Training and  
Introductory Candidates

**Description:** This assessment preparation is open to any Iyengar yoga student/teacher who is interested in certification. It is designed to help students prepare for assessments. There will be classes set up with local students for you to teach and those who desire to teach will be asked to teach 2-4 poses in sequence just as you would in an assessment situation. Critique will be given and suggestions for improvement will be made. There will also be a demonstrated practice, asana and pranayama classes (optional extra classes on June 26-June 28). **Enrollment will be limited to 15 participants** so that each student is assured of a good learning experience and feedback to help develop their teaching skills. Teaching will be voluntary so those wishing to learn by simply observing are also welcome.

**About Chris Saudek:** Chris is certified at the Senior Intermediate III level and has been a devoted student of the Iyengars for 30 years. She has traveled to India many times to study at the Ramamani Iyengar Memorial Yoga Institute. She has been an assessor since 1990 and involved with training and mentoring teachers for several years. She is well-known for being demanding yet compassionate. Chris is particularly interested in teaching students and teachers how to question and learn on their own which gives them the tools to continue to improve and grow in their practice and teaching. She is the principle teacher and director of The Yoga Place in La Crosse, Wisconsin and teaches workshops in the United States, Canada, and Costa Rica.

**(over for schedule and registration)**

**Refund Policy:** There are no refunds after May 15<sup>th</sup>. Before May 15<sup>th</sup>, cancellation is subject to a \$75 processing fee.

## Schedule:

Sunday June 29, 2008

- 8:30 – 9:30 Pranayama Class
- 10:30 – 1:30 Asana Class
- 3:30 – 5:30 Practice Teaching
- 5:30 – 6:30 Discussion of Teaching

Monday June 30, 2008

- 9:00 – 10:00 Pranayama
- 11:00 – 1:00 Demonstrated Practice
- 3:30 – 5:00 Practice Teaching
- 5:00 – 5:45 Discussion of Teaching
- 5:45 – 7:45 Practice Teaching
- 7:45 – 8:30 Discussion of Teaching

Tuesday, July 1, 2008

- 9:00 – 12:00 Asana Class

**Cost: \$300 (18 hours total) if paid by May 15<sup>th</sup>, \$340 after May 15<sup>th</sup>**

## Optional classes with Teacher in Training and Intro Candidates

Thursday, June 26, 2008

- 3:00 – 5:00 pm Asana Class (inversions, restorative, pranayama (additional \$30))

Friday, June 27, 2008

- 7:00 – 8:00 am Pranayama Class (additional \$20)
- 10:30 am – 1:00 pm Asana Class (additional \$35)

Saturday, June 28, 2008)

- 7:30 – 8:30 am Pranayama (additional \$20)
- 11:00 am – 1:00 pm Asana Class (additional \$30)

**A limited number of students may observe the practice teaching and come to all the classes for the Teacher Training and Introductory Assessment training for a total additional fee of \$150.**

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## Registration Form (please print very clearly, especially email address)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Certification Level you are working toward \_\_\_\_\_

Will you be going for certification this year? Yes \_\_\_\_\_ No \_\_\_\_\_

Do you want to teach? Yes \_\_\_\_\_ No \_\_\_\_\_

Payment Enclosed: \_\_\_\_\_ (please indicate extra classes if applicable)

**Send this form with payment to Attn. Chris, The Yoga Place, 444 Main St.  
La Crosse, WI 54601 website for directions: [www.yogalacrosse.com](http://www.yogalacrosse.com)**