**Iyengar Yoga Champaign-Urbana**

**Teacher Education All Levels**

***With***

**Lois Steinberg, Ph.D., CIYT Advanced 2, C-IAYT**

**November 7 – 9, 2017**

**Phone: (217) 344-9642 www.yoga-cu.com [info@yoga-cu.com](mailto:info@yoga-cu.com)**

**Fee: $150 by October 24, $175 after 20 hours CE**

**Pre-requisite: CIYT any level or mentoring with Lois for Intro I/II**

**Schedule (subject to change):**

**Tues Nov 7** 3:00 – 3:30pm Introductions and overview of course

3:30 – 4:30 pm Pranayama

5:15 – 7:15 pm Studentship in Advanced Class

**Wed Nov 8** 7:00 – 9:00 am Asana practice from your next syllabus

9:15 – 10:45 am Studentship in Women’s Class

11:00 – 12:00 Inversions from Intermediate 2 syllabus

4:00-5:00 Not-mock teaching with one teacher

5:30 – 7:00 pm Observe Therapy Class

**Thu Nov 9** 9:00 am – 12:00 pm Asana practice from your syllabus

3:00 – 5:00 pm Asana stages/variations from your syllabus

5:15 – 7:15 pm Studentship in Intermediate 3 Class

**Assignment due October 25. Assignments will not be accepted after due date**: Prepare a sequence from your syllabi that is two hours in length that focuses on backward bends. The sequence is for teaching and not for your personal issues or preferences. Not all the poses from your syllabi have to be included. Use poses from previous syllabi, especially bolded ones or the important ones, that will support the practice. Prepare the sequence as you practice it. *Do not write an “armchair” sequence!* Make corrections to the sequence as you practice it and on another day practice the sequence again to determine if further “tweaking” needs to occur. You may also use the sequence on your students after perfecting it on your own. If you adjusted the sequence when you were teaching it, re-write it. This is the sequence to submit. Additionally, pick three backward bend poses and write three points: (1) what should be maintained or undisturbed when, (2) an action is given, and (3) where that action should be felt in another part of the body or consciousness.

**Registration Form**

*for*

**Teacher Education All Levels Nov 7-9, 2017**

**Send to: IYCU, 407 W Springfield Ave., Ste. A, Urbana, IL 61801-8810**

**Fee: $150 by October 24, $175 after**

Name e-mail ­­\_\_\_\_\_\_

Address

City, State, Zip \_\_Phone: \_\_\_\_\_\_

My mentor teacher is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My recommending teacher is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_