**Iyengar Yoga Champaign Urbana**

**8th Annual International Iyengar Yoga Therapy Intensive**

***with* Lois Steinberg, Ph.D.**

**Focus: The Organic Body**

**Saturday September 22 through Friday September 28 2018**

**Fee: $450, payable upon acceptance Hours: 40**

***Last date for Applications Due June 1 if space is still available. Priority is given to CIYTs who have studied with Lois, Stephanie Quirk, and/or Manouso Manos in therapy courses, assisting four times in RIMYI, and/or seasoned practitioners/CIYTs. Those who would like to be student subjects, for the teachers to conduct interviews with and develop therapy sequences for practice, may contact Lois at info@yoga-cu.com. CIYTs may also apply to attend the full course and be student subjects. Schedule changes will be announced. Teachers will receive a Certificate of Achievement after attending three courses. Teachers with continued enrollment after the fifth year may apply to be a teaching assistant.***

**Saturday, 22 September**

**9:45-11:15am** **Intermediate 1 Asana class with Lois**.

**1:30-6:30pm Introductions and Interviews.** Teachers will be assigned to teams of three. The group will be assigned one to three therapy student(s) to interview and create an asana program. The student subjects will arrive between 3 – 4pm. Lois and staff will review with the teachers how to conduct their sequences throughout the week.

**Sunday, 23 September**

**8:30-10:15 am** **First pose prop set-ups.**

**10:30 – 12:30am** **Therapy Class with Student Subjects.** Conduct your student(s) sequence.

**3:00-5:00pm General Organ Health Sequence.**

**5:00-6:30pm Physiology with Hermann Traitteur, MD, CIYT from Berlin, Germany**

**Monday, 24 September**

**8:00-9:45am**  **Asana self practice.**

**10:00am- 12:00pm** **Respiratory Health.**

**12:00pm-1:30pm** **Therapy Class with Student Subjects**.

**5:00-7:15pm** **Gastrointestinal Health**.

**Tuesday, 25 September**

**7:00-9:00am Asana self practice.**

**9:00-11:45m Gastrointestinal Health and the Brain Connection.**

**Noon-1:30pm** **Therapy Class with Student Subjects.**

**5:15-7:15pm Lois’ Advanced Asana Class.**

**Wednesday, 26 September**

**7:00-8:45am Asana self practice.**

**9:15-10:45am** **Women’s Asana Class.** Attend.

**11:00am-12:00pm Review Cross Bolsters.**

**3:00-5:00pm Cardiovascular Health.**

**5:30-7:00pm Therapy Class with Student Subjects.**

**Thursday, 27 September**

**9:00-11:45am Renal/Urinary Health.**

**12:00-1:30pm Therapy Class with Student Subjects.**

**5:15-7:15pm** **Lois’ Intermediate 3 Asana Class.**

**Friday, 28 September**

**9:00-11:45am Asana Self Practice**

**12:00-1:30pm** **Therapy Class with Student Subjects**

**3:00pm - ? Gather at Lois’ for sharing food/pot luck**

*7-day cancellation notice required for refund, less a $20 handling fee*

**Registration Form:**  **8tth  International Iyengar Yoga Therapy Intensive**

**Saturday 22-28 September, 2018**

Name e-mail ­­\_\_\_\_\_\_

Address­ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_ **Amount enclosed $\_\_\_\_\_\_\_\_\_\_**

**Certification Level:**

**Please Note: Make sure you have a number that you can be contacted during your time in C-U. IYCU may not be able to get messages to you in a timely fashion.**