**Iyengar Yoga Champaign Urbana**

**9th Annual International Iyengar Yoga Therapy Intensive**

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

**Focus: The Central Nervous and Endocrine Systems**

**Saturday September 21 through Friday September 27 2019**

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

***Priority given to CIYTs who have studied therapy with Lois, Stephanie Quirk, an Advanced CIYT, and/or assisting in the medical classes four times at RIMYI. Seasoned practitioners/CIYTs will also be considered. 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.***

**Saturday, 21 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. One of the three will be designated by Lois as the Team Leader. The group will be assigned one to two therapy student(s) to interview. The student subjects will arrive between 3 – 4pm. After the interview(s), the Team Leader will present a brief case study of their student subject(s) to all the teachers. Lois and staff will review with the teachers how to conduct the student subjects through their sequences throughout the week.

**Sunday, 22 September**

**8:30-10:15am** **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 Central Nervous System with Dr. Hermann Traitteur, CIYT from Berlin, Germany**

**Monday, 23 September**

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

**10:00am- 12:00pm** **CNS/Endocrine Health.**

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

**3:30-5:15pm** **Endocrine System with Dr. Herman Traitteur followed by Q&A with Lois and Hermann.**

**Tuesday, 24 September**

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

**9:00-11:45m CNS/Endocrine Health.**

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

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

**Wednesday, 25 September**

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

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

**11:00am-12:00pm Review Inversions.**

**3:00-5:00pm CNS/Endocrine Health.**

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

**Thursday, 26 September**

**9:00-11:45am CNS/Endocrine Health.**

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

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

**Friday, 27 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**

**Registration Form:**  **9th  International Iyengar Yoga Therapy Intensive**

**Saturday 21-27 September, 2019**

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.**