

# Iyengar Yoga Champaign-Urbana

## Teacher Education All Levels

*with*

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

**October 16-18, 2018**

**Phone: (217) 344-9642**

**www.yoga-cu.com**

**[info@yoga-cu.com](mailto:info@yoga-cu.com)**

**Fee: \$160**

**20 hours CE**

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

**Schedule (subject to change):**

**Tues**            3:00 – 3:30pm Introductions and overview of course  
                     3:30 – 4:30 pm Pranayama  
                     5:15 – 7:15 pm Advanced Class Studentship

**Wed**            7:00 – 9:00 am Asana Practicum  
                     9:15 – 10:45 am Women's Class Studentship  
                     11:00 – 12:00 Adjusting  
                     4:00-5:00 Teaching Practicum  
                     5:30 – 7:00 pm Observe Therapy Class

**Thu**            9:00 am – 12:00 pm Asana Practicum  
                     3:00 – 5:00 pm Teaching Practicum  
                     5:15 – 7:15 pm Intermediate 3 Class Studentship

**Assignments to be announced**

**Registration Form**  
*for*  
**Teacher Education Intermediate 1**  
**October 16-18, 2018**

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

**Fee: \$160**

Name\_\_\_\_\_e-mail\_\_\_\_\_

Address \_\_\_\_\_

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

My certification level is\_\_\_\_\_

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

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