



Prairie Yoga 500 hour Advanced Yoga Teacher Training*

A new 300 hour Advanced Yoga Teacher Training Program open to all 200 hour CYTs. Sponsored by:

Yoga Among Friends

4949 Forest Avenue, Downers Grove

(Just one block from Metra train)

(22) Tuesdays

Feb 6 -May 29 and Sept. 11 - Oct. 16, 2007

Practice 9:30 - 10:45 a.m.

Training 11:15 a.m. - 3:00 p.m.

Weekend Retreat at Resurrection Center, Woodstock, IL**

Fri. Oct. 26 - Sun. Oct. 28, 2007

Director: **Lori Gaspar** 500 E-RYT, Multi-Style

Co-Teacher:

Laura Jane Mellencamp 500 RYT, Vinyasa Flow

Master Guest Faculty: **

Gabriel Halpern, Certified Iyengar Teacher, Therapeutics

Tias Little, Advanced Yoga Anatomy

Richard Miller, Yoga Nidra and Meditation



An advanced study of classical yoga that builds upon your 200 hour yoga teacher training foundation. The training integrates the breath, rhythm and flow of vinyasa with the wisdom of Iyengar alignment, sequencing and therapeutics. Our focus is the intelligent intention of Krishnamacharya— to adapt the practice to the individual, transform the physical, energetic and subtle bodies and heal physically, mentally and spiritually through yoga. We explore the depths of yoga nidra and meditation. Special emphasis on sequencing, intentions, themes and linking. Learn how to inspire and teach from the Divine spark within your heart.

Teacher Training Tuition:

\$2195 by Jan. 9, 2007, \$2350 after Jan. 9, 2007**

* Meets Yoga Alliance requirements for registration as 500 RYT.

Application is pending approval. Topics and schedule subject to change.

**Retreat and Master Faculty Workshops are not included in training tuition.

**For more information, contact Lori Gaspar
at 630-702-8908 or lorigaspar@comcast.net
or visit www.yogaamongfriends.com.**