

## 2020 Iyengar Yoga Weekend Intensive Series with Chris Saudek



YOGA COOP of MADISON

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The Yoga Cooperative of Madison (YCOM) is pleased to welcome Chris Saudek back to our studio in 2020 for a three-weekend series of Iyengar Yoga instruction\*. The series includes asana, pranayama and classes covering Iyengar Yoga teaching methodology. The series will be held on the weekends of January 10-12, March 6-8 and May 1-3.

**There are two different tracks for students participating in the weekend intensive series, based on level of experience.**

**Track I:** for serious students and teachers interested in working toward certification in the Iyengar Yoga method. Each Track I weekend includes a Friday morning asana class and a Friday afternoon **“Teaching Methodology Class” (TMC)**.

**Track II:** for individuals working toward Iyengar Yoga certification at the Junior Intermediate and Senior Intermediate I levels. Track II sessions are on Saturdays and Sundays and consist of advanced asana and pranayama as well as TMC.

There are multiple options for participants. In addition to the Friday Track I classes, Track I students are encouraged take the general asana class on Friday evenings as well as the Track II asana and pranayama classes. As space and experience level allows, Track I students may also sign up to observe the Track II TMC. Track II participants may also register for the Friday asana classes and to observe the Track I TMC. Confirmation on the availability of an applicant’s preferred choice will be included in the general registration confirmation.

This series is for personal development in Iyengar Yoga. While the TMC will help participants investigate Iyengar Yoga methods, based on Iyengar Certification criteria established by the Iyengar Yoga Association of the United States (IYNAUS), they do not constitute a certification process. The intensives are offered as a series to provide continuity for all participants and enhance the learning process. \*

Places will be filled on a first come first served basis so please register early. To register, please refer to the descriptions of the tracks shown above and indicate the appropriate track and your preferred option on the attached “Registration Form”. Registration confirmation will be sent via email upon receipt by email of your Registration Form along with your mailed in deposit. Final payments are due December 15, 2020.

\*It is possible to miss one weekend and still participate -- see “Additional Information – Series Format” on p. 2.

## 2020 PROGRAM INFORMATION

Dates -- January 10-12, March 6-8, and May 1-3

### WEEKEND SCHEDULE

Track I	Friday	General Asana	9:00 – 11:00 a.m.
Track I	Friday	Teaching Methodology Class (TMC)	1:30 – 4:30 p.m.
General	Friday	General Asana	5:30 – 7:00 p.m.
Track II	Saturday	Advanced Asana	9:00 a.m. – noon
Track II	Saturday	TMC	2:00 – 4:30 p.m.
Track II	Saturday	Restorative/Pranayama	4:30 – 6:00 p.m.
Track II	Sunday	Advanced Asana	8:30 – 11:30 a.m.
Track II	Sunday	TMC	1:30 – 3:30 p.m.
Track II	Sunday	Restorative/Pranayama	3:30 – 5:00 p.m.

### Fees for the Three-Weekend Series

			Nonmembers/members*
Track I	Option 1	Friday Morning Asana + Afternoon TMC	\$220/\$200
	Option 2	Option 1 + Friday Evening Asana	\$280/\$260
	Option 3	Option 2 + Sat/Sun Asana/Restorative/Pranayama	\$670/\$620
	Option 4	Option 3 + Observe Sat/Sun TMC	\$860/\$800
Track II	Option 1	Sat/Sun Asana, TMC and Restorative/Pranayama	\$580/\$540
	Option 2	Option 1 + Friday Evening Asana	\$650/\$600
	Option 3	Option 2 + Friday Track I (Asana & TMC Observe)	\$860/\$800

\*The member rate is for members of the Yoga Cooperative of Madison; the membership fee is \$60 annually. For individuals who are not members and want to join, please include membership fee with initial deposit.

\*\*Includes philosophy discussion led by CIYT and Philosophy Professor Joy Laine.

### Additional Information that may be Included on the Registration Form:

1. **Series Format and Requesting Attendance at Less than the Full Series:** These workshops are offered as a three-weekend series. Applicants who inquire at the time of registration may be able to miss one weekend and still participate. Also, if space is available, returning applicants may be allowed to register for a single weekend. If you want to sign up for anything less than the full series, please make a note on the Registration Form indicating the dates you would need to miss and contact Faith Russell to inquire about fees.

2. **Installment Payments:** Installment payments are accepted as follows: the preferred method is for full payment to be submitted by December 15. However, installment payments may be made by submitting three checks together dated December 15, February 15, and April 15.

3. **Scholarship Fund:** some scholarship support may be available. If you would like to be considered for a scholarship, please include a brief description of your reason for need with your registration.

4. **Special Circumstances:** please include on the Registration Form any significant injuries or special circumstances that you feel Chris should know about.

5. **Refunds:** Application fees less a \$75 administration fee will be returned for cancellations prior to December 1. Otherwise, a maximum of 50% of fees may be refunded in the event of serious illness or family medical emergency. Refunds will not be provided for any other circumstances.