



511 Octavia St.
New Orleans, LA 70115
504-821-9885

Karin O'Bannon 2010 Teacher Training

5- Weekend Teacher Training:
February 20, 21;
March 27, 28; May 22, 23;
Aug. 7, 8; Oct. 9, 10

Fridays 5:30-7:30pm (optional*)
Saturdays 12:30-3:30pm
Saturdays 4-6:30pm
Sundays 10:00am-12:30pm
Sundays 1-3:45pm

Audubon Yoga Studio of New Orleans is pleased to announce the 2nd year of our teacher training program with Karin O'Bannon for aspiring as well as practicing teachers in the tradition of B.K.S. Iyengar. This training program will include in depth study of the art of teaching Iyengar yoga. We will explore the syllabi from teacher-in-training through the Junior Intermediate levels as well as other practical aspects of teaching Iyengar yoga. This program is open to teachers and serious students of Iyengar yoga with at least 2 years of experience.

Karin, who currently resides in Shreveport, LA, has taught hundreds of students and established teacher training programs in both Rishikesh, India and in southern California where she taught for over 20 years. We are blessed to have a uniquely experienced teacher who is so dedicated to the Iyengar tradition living in our region. She has studied in India with the Iyengar family since the mid 1980's and continues to return to India regularly.

Following in the tradition of teachers mentoring students and grooming them to become knowledgeable and adept teachers, Karin will meet with participants in the program for 5 weekends in 2010. Becky Lloyd, owner of Audubon Yoga Studio & Junior Intermediate I certified teacher, will also meet regularly with the local group to work on asanas and assignments from each applicable syllabus. Those participants going for 2010 assessment will also have individual session(s). Part of the goal in offering this teacher training program is to strengthen our community through a deeper understanding of the teaching techniques of Iyengar yoga and the philosophy of yoga.

Applicants must be willing to make a commitment to a daily personal practice, time for study and fulfilling assignments. This program will include philosophy, anatomy, pranayama, asana training, and practice teaching.

The training will be divided into two groups: Introductory Candidates (those who are not yet certified or those who have gone through the teacher-in-training stage of certification) & Junior Intermediate Candidates (those who are certified at the Introductory Level and above). Participants will sometimes meet together as one group and sometimes meet separately in the designated groups to cover appropriate material for each level. The designated times may not be the same from weekend to weekend, so please be available to meet during the listed hours. Well before each weekend, you will be notified as to what times your group will meet.

Friday Evening Asana Classes*: Karin will also teach a 2-hour asana class on Friday evenings preceding each weekend from 5:30-7:30pm. These Friday evening classes are optional to participants in the program, although they are highly recommended. These classes are open to students from the Iyengar community. Students enrolled in the teacher training program who wish to attend these classes may pre-register at a discounted rate of \$150. for the 5 classes or \$35./class if you pay at the time of the class.

Price:
Five weekend teacher-training program: \$650.
Deposit of \$200. is due by January. 8, 2010. An additional payment of \$225. due February 20, 2010.
The balance of \$225. is due March 20, 2010.
5-Friday evening asana classes (optional): \$150.



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Karin O'Bannon
2010 Teacher Training



Registration Form (Please print neatly!!)

Please fill out the registration form and make 2 copies. Return one copy with your deposit of \$200. by Jan. 8, 2010 (made payable to Audubon Yoga Studio) and send to Becky Lloyd, 3421 Robert St., New Orleans, LA 70125. Return the 2nd copy to Karin O'Bannon, 1125 Janther Place, Shreveport, LA 71104. Both Becky and Karin must receive the registration form for your registration to be complete. Your registration will be confirmed by February 1. If you do not receive confirmation, please email Becky (Becky@AudubonYoga.com) or call her at 504-914-3999. You can also contact Karin at yogima3@gmail.com or 318-222-1790. If you are not accepted into the teacher training program, your full deposit of \$200. will be returned to you. If you are accepted but decide to withdraw before February 12, you will receive a refund of \$150. The balance for the series is due March 20 and no refunds will be given after that date.

Name

Address (street, city, state, zip)

Phone (best to reach you)

Email Address

How many years have you studied Iyengar yoga?

Do you currently teach Iyengar yoga?

If so, how long have you been teaching?

Are you a certified Iyengar yoga teacher?

If so, what level?

Are you interested in going up for assessment (either for the 1st time or for the next level)?

If so, do you know when (2010, 2011, etc.)?

Please describe any physical problems and/or concerns. You may use the back of this form or include a separate page. Also include any further information that you would like Karin and/or Becky to know.