



## 250 HOUR FOUNDATION YOGA TEACHER TRAINING

the THEOSOPHICAL  
SOCIETY  
in America

10 Weekends  
September 2026 - May 2027  
in Wheaton, IL

Our 250 hour Foundation Yoga Teacher Training will deepen your own personal practice, enrich your understanding of all 8 limbs of yoga and give you the skills to teach yoga intelligently with your own heart-felt style. We believe that establishing a firm foundation in your own yoga practice is key to becoming an inspiring yoga teacher.

Our philosophy is non-dogmatic. We offer a contemporary approach deeply rooted in the ancient wisdom of classical yoga. By immersing yourself in the study of yoga, you move toward becoming a balanced, whole individual deeply united with yourself, others and the world we live in.

### WHO IS THIS TRAINING FOR?

The training is designed for those who want to become yoga teachers, as well as, those who want to deepen their own personal practice and immerse themselves in the study of all aspects of yoga. One year of yoga experience is required to enroll.



### THE EIGHT LIMBS OF YOGA

- Yama** (social ethics to live in harmony with others)
- Niyama** (personal ethics to live a balanced life)
- Asana** (postures to build strength and flexibility so energy can flow freely)
- Pranayama** (breath awareness and control to increase your vital energy)
- Pratyahara** (internalizing the senses to reduce external stimulation)
- Dharana** (developing concentration and focus)
- Dhyana** (sustaining our focus to enter into meditation)
- Samadhi** (Oneness)

### LEARN HOW TO:

- Include all eight limbs of yoga in your practice and teaching
- Understand the energetic effects of asana, pranayama, bandha and meditation
- Rid ourselves of habitual patterns, create a healthy balanced state and restore energy
- Train the mind to become still and develop self-awareness
- Sequence to emphasize different energetic effects, themes and intentions
- Apply key alignment principles
- Integrate the intelligent use of vinyasa (breath-synchronized movement)
- Understand anatomy of the physical and subtle bodies
- Balance the opposing forces of grounding/lightness; stability/ease; and strength/flexibility
- Introduce sound-based yoga practices such as chanting and simple mantras
- Refine your teaching language to be very clear and specific
- Demonstrate visually to emphasize key actions
- Adjust students manually to reinforce alignment principles in a safe and appropriate way
- Modify for common student issues
- Organize a yoga class to create a supportive environment for transformation
- Market yourself as a yoga teacher; understand common yoga financial agreements and insurance; and build healthy business relationships
- Gain insight into the ethics of teaching yoga
- Learn the basics of Ayurveda and how to apply it to your daily routine and yoga practice.

# 250 HOUR FOUNDATION YOGA TEACHER TRAINING

## LOCATION

### The Theosophical Society in America

1926 North Main Street, Wheaton, IL 60187

## INSTRUCTOR

**TRICIA FISKE**, E-RYT 500, YAACP, Level 3 Tantra Yoga Alchemy Instructor, has been a teacher since 1999. She is primary faculty for Prairie



Yoga's Teacher Training programs. Tricia is a leader in the west suburban yoga community and continues to train, mentor and influence yoga teachers in the area. She has been studying with Tantra Yoga Alchemy founder Rod Stryker since 2000 and is one of the first Level 3 certified yoga teachers in the Tantra Yoga Alchemy tradition.

## SCHEDULE

### (10 Weekends)

Saturday-Sunday 9:30 am - 4:00 pm

September 19-20, 2026

October 24-25, 2026

November 21-22, 2026

December 19-20, 2026

January 23-24, 2027

February 20-21, 2027

March 20-21, 2027

April 10-11, 2027

April 24-25, 2027

May 22-23, 2027

## TUITION\*

\$3999 regular price

**\$3700 early price if paid in full by Friday, August 21, 2026**

Special refund policy in effect. See <https://prairieryoga.org/refunds-for-teacher-training> for details.

## REQUIRED ANATOMY COURSE

Comprehensive Yoga Anatomy Online Training with David Keil \$295: <https://www.yoganatomy.com/yoga-anatomy-courses/online-comprehensive-yoga-anatomy-course/>

**MAXIMUM NUMBER OF STUDENTS IN THE TRAINING IS 15.**

*Schedule and requirements subject to change*

## ADDITIONAL CERTIFICATION REQUIREMENTS\*

- Complete minimum 30 hours Comprehensive Yoga Anatomy Online Training with David Keil: <https://www.yoganatomy.com/yoga-anatomy-courses/online-comprehensive-yoga-anatomy-course/>
  - Attend 15 hours of elective workshops at The Theosophical Society\*
  - Observe and assist a senior teacher, 15 hours
  - Complete all homework assignments (approximately 3 hours per week)
  - Teach 2 community classes at The Theosophical Society
  - Read 2 books from the book list and write a 1-2-page review for each
  - Teach yoga to a needy group at no charge (volunteer/karma yoga)
  - Provide proof of CPR certification
  - Complete a 20-hour self-study project in a specialty area of yoga that interests you. Present your exploration as a document, video, class or other medium appropriate for your topic.
  - Demonstrate the ability to teach an inspiring Level 1-2 yoga class clearly, safely and appropriately.
- \* Fees for anatomy and elective workshops not included in tuition.

## BOOK REQUIREMENTS

**Yoga Teacher Training Manual** included

**Required for Coursework** (purchase on your own)

- *Light on Yoga* by B.K.S Iyengar
- *Yoga for Wellness* by Gary Kraftsow
- *Yoga Sutras of Patanjali* translated by Swami Satchidananda
- *Scientific Keys 1: Key Muscles of Yoga* by Ray Long
- *From Alignment to Enlightenment Using Props to Achieve Stability and Ease in Yoga Poses* by Tricia Fiske and Marianne Cirone

**Supplemental Reading** (Pick any 2 from list)

- *Peace is Every Step* by Thich Nhat Hahn
- *Bringing Yoga to Life* by Donna Farhi
- *The Tree of Yoga* by B.K.S Iyengar
- *Living Your Yoga: Finding the Spiritual in Everyday Life* by Judith Hanson Lasater
- *Fire of Love: For Students of Life and Teachers of Yoga* by Aadil Palkhivala
- *Health, Healing & Beyond* by TKV Desikachar

## REGISTRATION AND PAYMENT

- To register, submit the application at <https://prairieryoga.org/250-hour-registration>
- Pay the non-refundable \$500 deposit by contacting John Cianciosi at: [jcianciosi@theosophical.org](mailto:jcianciosi@theosophical.org) or (630) 668-1571 x362. Your deposit is applied toward tuition.

## For questions regarding registration:

John Cianciosi  
Director of Public Programs  
The Theosophical Society in America  
[jcianciosi@theosophical.org](mailto:jcianciosi@theosophical.org)  
(630) 668-1571 x362

## For more information about the teacher training curriculum:

Lori Gaspar at Prairie Yoga  
[prairieryoga@comcast.net](mailto:prairieryoga@comcast.net)  
(630) 702-8908