

# Extraordinary, Respected, & Comprehensive

## Barre Bliss Yoga Teacher Training

**William Prottengeier** is one of the most respected Yoga instructors in the Minneapolis area. Over the years, William Prottengeier has refined his skills in which he will provide a comprehensive teacher training. This program is will result in well trained, engaged, and embodied teachers and serious practitioners.

Throughout the training, you will engage with and become part of Barre Bliss' family of heart-centered yogis, creating lifelong connections. Together we will hone the skills of full presence, service, joy, truth, and healing of ourselves, our students, and the culture at large.

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- This program will run 10 weekends between September 22<sup>nd</sup>, 2017 through June 3<sup>rd</sup> 2018.
  - The tuition is \$3250.

Full details and registration at [barrebliss.com](http://barrebliss.com).

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## How To Get Started

Get a free info session on July 30<sup>th</sup> and August 20<sup>th</sup> from 1-2pm to learn even more about our trainings while also having a chance to ask any questions you may have.

Begin your journey today by filling out our [application](#) at [barrebliss.com](http://barrebliss.com)

## Program Highlights

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### Why William Prottengeier's Teacher Training?

#### Multiple Paths

Whether you want to pursue a career teaching yoga, or want to peruse deeper levels of yoga as a student and practitioner, Barre Bliss has a program to support you. We offer our 235 Hour Teacher Training or our Immersion program for those not seeking the path of the teacher.

## **Mature Program**

William Prottengeier has been instructing for close to 40 years. Over the years he has incorporated top teaching methods to refine, reform, and improve his skills. Due to this practice, our training is one of the most well-constructed programs available.

## **Experiential Learning**

We focus on the importance of your personal practice so that as you transform into a teacher, you teach from experience; as opposed to memorized techniques. William will show you proper sequencing to help you or your future students practice poses safely and effectively. You will learn the use of props to adapt poses to meet individual needs.

## **Sustainable Skills**

William will guide you how to teach yoga, and will also work with you to become a life-long student of yoga. The journey of the teacher never ends; the best teachers are the most dedicated students.

## **Diversity**

Our curriculum does have a basis in Iyengar, however, we will teach you other styles as well. We focus on giving you experience in many different modalities and styles so that you may find the one that speaks to your path and your teachings. You will learn the study of Eastern and Western concepts of the major body systems and how they relate to Yoga. William will help you explore the techniques of Asana, Kriya, Pranayama, and Bandha. We don't deter from the wisdom of Iyengar Yoga with novelties; we are simply carrying on the tradition of yoga that has been transmitted through the generations before us. We humbly use the gifts of generations of master practitioners as a gateway into our own individual and collective understanding of what Yoga can teach all who are willing to give themselves the gift of practice.

## **Teachers**

William Prottengeier is honored to be one of Minnesota's top yoga instructors. As a studio that focuses on Iyengar yoga, we attract those who wish to continue in their yoga journey.

## **Community**

You will become a part of the Barre Bliss family, making life-long connections and have a group of fellow yogis that will support you on your path.

## **Tradition**

William's program is based upon classical lineages of yoga; he will teach time-tested techniques. You will learn anatomy specifically geared to Yoga practice and in depth studies of seminal texts of Yoga: Upanishads, Bhagavad Gita, Yoga Sutras of Patanjali and Tantra.

## **Continued Support**

After completion, you will receive support through many continuing education opportunities at Barre Bliss such as our Apprenticeship Program, teaching community classes, and discounts on events with your favorite teachers.

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## **Refined Teaching Methods**

With William as your mentor, you will be able to utilize our workshops for cueing and practice leading asana, meditation, and pranayama.

## **Optimal Planning & Sequencing**

You will learn sequencing from anatomical, energetic, seasonal, and ayurvedic focuses. Additionally, William will discuss seasonal sequences, and how to apply subtle body anatomy in group classes.

## **Advanced Anatomy**

Anatomy will be in depth and comprehensive with a therapeutic focus; Anatomy most relevant to yoga practitioners such as the psoas, shoulder, foot, respiratory system, and much more will be covered. Subtle body anatomy will be a major focus of the program, covering extensively the nadis, chakras, koshas, vayus, and gunas as they relate to teaching yoga.

## **Study of Seminal Yoga Text**

We cover seminal yogic texts and how to practically incorporate them in group classes.

## **Yoga Lifestyle and Ethics**

Another major aspect of our teacher training is that we cover personal practice and the importance of community and the essential aspects of deep sharing and contemplation.

## **The Art of Teaching**

You will learn how and when to demonstrate, how to observe students in group classes to understand and better support them with cueing, props, and modifications. William will advise on the business aspects of yoga including resumes, class building, and career development.

## **The Study of Yoga**

Our teacher training's true value is the balance in the curriculum between practical applications to bring to your teaching and classes and the never-ending study of the Science of Yoga. You will do as much self-study as you do anything else in our program, this study will be guided and facilitated by William.

## ● Personal Information

- Name\*

First

Last

- Email\*

- Phone Number\*

- Address\*

Street Address  Address Line 2  City

- State  ZIP Code

- What is your current occupation?\*

- Which program are you applying for?\*

## ● Emergency Contact Information

- Name\*

First

Last

- Email

- Phone Number\*

- Relationship to You\*

## • About You

Please take some time to answer the following questions to assist us in our efforts to get to know you better!

- Current Age\*

0 of 2 max characters

- First, tell us a little about who you are. What are your hobbies and what do you love most about life?\*

- What are some of your strengths?\*

- What are some of your challenges?\*

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## • **About Your Interest Our Program**

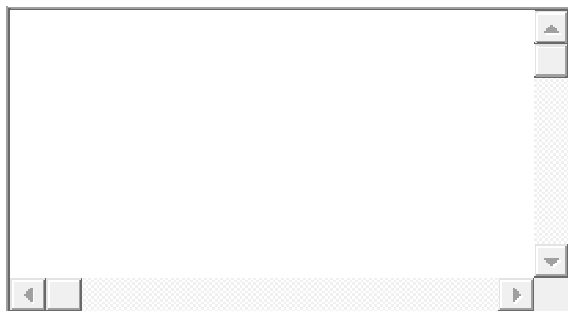
- Why are you interested in a Yoga Teacher Training Program?\*

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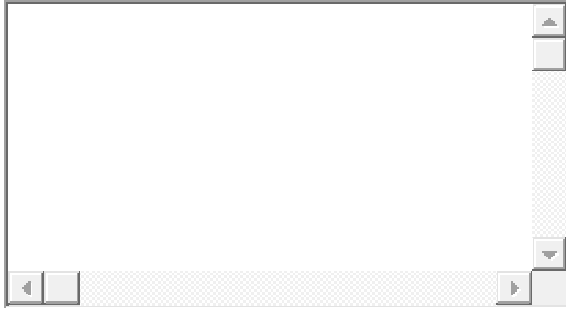
- What do you hope to learn and experience in this program? What are your expectations?\*

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- What part of yoga interests you the most?\*

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- Are you totally ready to commit the necessary time, energy, and financial resources it takes to successfully complete this training?\*

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## • **About Your Yoga**

- What is your yoga background? How long, what types, where, and with whom have you practiced? Please make your information as specific as possible.\*

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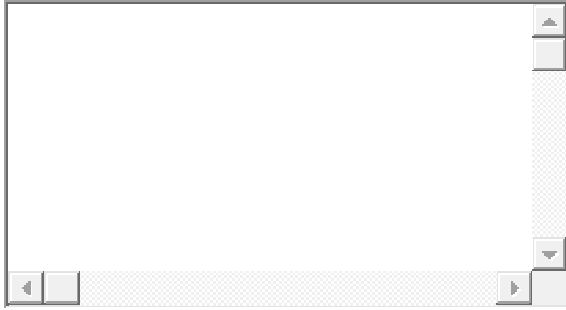
- What does your current yoga practice look like?\*

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- How has yoga affected your life?\*

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- How do you relate to the spiritual dimension of life?\*

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## • **About Your Goals**

- Why do you want to become a certified yoga teacher (if applying to full YTT)?\*

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- What are your long term goals in relation to yoga?\*

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- What are some additional goals that you have for yourself and your path beyond this training?\*

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## • **About Your Previous Training**

- Please list details of any previous yoga training in which you have participated.\*

If this doesn't apply to you, just enter "Does not apply."

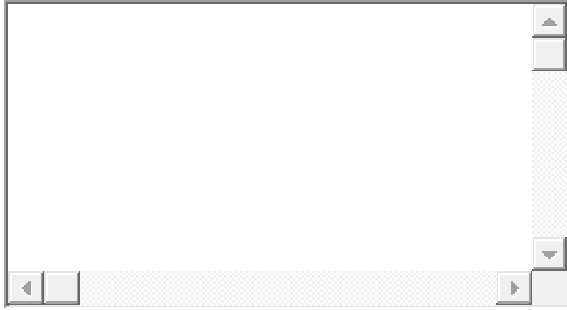
- Please list any previous yoga teaching experience you have.\*

If this doesn't apply to you, just enter "Does not apply."

- Please list any additional training, certifications, degrees you have received (i.e. college de-grees, massage, nursing, etc.). Also mention the institutions from which these credentials came.\*

If this doesn't apply to you, just enter "Does not apply."

- How did you hear about this program?\*



- What else would you like to share with us?



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