TRIBALANCE® BODYMIND & SPIRIT

PRAIRIE YOGA / ALIGN YOUR SELF®

300 Hour Advanced Yoga Teacher Training at Tribalance, Schaumburg, IL

Wednesdays, September 2025 - December 2026

The **300-Hour Advanced Yoga Teacher Training** is designed for those who have completed a 200-hour yoga teacher training and wish to deepen their expertise. Upon completion, participants earn a **500-hour certification**. The program includes 270 contact hours and 50 non-contact hours, focusing on refining teaching skills, sequencing, energetics, yoga philosophy and therapeutic yoga.

Key Areas of Study:

- **Teaching & Sequencing**: Improve alignment, sequencing strategies, and teaching techniques, including verbal, visual, and hands-on instruction.
- **Energetics & Restorative**: Deepen knowledge of pranayama, prana vayus, chakras, and relaxation techniques.
- **Philosophy & Meditation**: Explore classical yoga philosophy, yoga psychology, koshas, and meditation techniques.
- **Adaptation & Special Populations**: Learn to modify practices for conditions like back pain, seniors, cancer, anxiety, pregnancy, children's yoga, and more.
- **Advanced Anatomy**: Study myofascial connections and their role in intelligent movement.
- **Yoga for Strength & Stability®**: Incorporate natural movement into yoga for joint stability and functional strength.

This training helps yoga teachers **expand their career opportunities**, specialize in teaching private lessons and workshops, and refine their ability to work with diverse student needs.

SCHEDULE

Weekly Training Classes (219 contact hours)
Meets (48) Wednesdays, 10:00 am - 3:00 pm
September 10, 2025 - December 16, 2026.
No class December 24 and 31, 2025; May 26 - September 2, 2026

Required Weekend Workshops (51 contact hours)
Saturday-Sunday, Nov 15-16, 2025 Yoga for Strength and Stability® with Lori Gaspar
Saturday-Sunday, Dec 13-14, 2025 Yin Yoga Training with Jennifer Swets
Saturday, March 21, 2026 Yoga for Cancer Survivors with Jen Botka
Saturday-Sunday, May 2-3 2026 Restorative Yoga Training with Joy Antipow
Saturday, Oct 17 2026 Kids Yoga and Prenatal Yoga
Sunday, Oct 18 2026 Myofascial and Rolling Techniques with Joy Antipow

Non-Contact Requirements (50 non-contact hours required plus homework)

- Complete all homework assignments
- Pass all quizzes at 80% or greater
- 3 hours of community service
  Donate your yoga teaching to a cause (3 non-contact hours)
- Teach 5 private lessons and write 1-2 page overview of each
  (10 non-contact hours)
- Final Culmination Teaching Project: Research, develop, market and teach 6 hours of a specialty yoga topic of your own interest as approved by your advisor (37 non-contact hours)

REQUIRED COURSE BOOKS

(purchase the latest edition of the books on your own)

- *Light on Life* by B.K.S. Iyengar
- *Hatha Yoga* Pradipika by Swami Muktibodhananda
- *The Bhagavad Gita* translated by Eknath Easwaran
- *The Upanishads* translated by Eknath Easwaran
- *Light on Pranayama* by B.K.S. Iyengar
- *Theme Weaver* by Michelle Berman Marchildon
- *The Therapeutic Wisdom of Yoga Vol. 1 Foundations* by Doug Keller (purchase at doyoga.com)

LOCATION OF TRAINING

Tribalance

1158 S Roselle Rd Schaumburg IL 60193
www.tribalance.com

TUITION

Early bird discount by Wednesday, August 13, 2025

- $4950 for Core Curriculum and all required Weekend Workshops
- $4200 for Core Curriculum only, with option to pay for remaining $750 weekend workshops closer to date of events.
- Monthly payment plans are available.12 monthly auto-payments via credit card include an additional $150 processing fee.
- Payments made after August 13, 2025 subject to $300 late registration fee.
- $500 non-refundable deposit is due with application and applied towards your tuition.
- Pay by cash, check, charge. Note there is an additional 3% added for credit card transactions

REFUNDS

Refunds are limited. Requests for refunds must be submitted in writing to Joy Antipow, 847.530.3926, joy@tribalance.com.

- $500 deposit is non-refundable.
- If student cancels at least 30 calendar days before the first training class*, tuition will be refunded less the $500 deposit.

- If student cancels 29-0 days prior to the first training class*, tuition will be refunded less $1000 ($500 deposit + additional $500).
- No refunds are available after the first training class*.
- All refunds shall be returned to student within 30 days.
- Student must return the teacher training manual to receive refund.

*training class = each calendar day when the training meets

APPLICATION/REGISTRATION

- For more info and application: **tribalance.com/yogatraining-300hour**
- For questions, contact Joy Antipow: joy@tribalance.com and 847.530.3926
- Last day to apply for Advanced Training is August 1, 2025.
- Submit the Advanced Training application found here to joy@tribalance.com

TEACHERS



Joy Antipow, E-RYT 500, YACEP, Roll Model Method Practitioner. Joy is the primary teacher for the 300 hour Advanced Yoga Teacher Training. She has been passionate about fitness since childhood, earning a degree in Cardiac Rehabilitation and Sports Medicine. After a back injury in 2001, she discovered yoga- not just as physical healing, but as a path to self-acceptance. Joy completed two different 200 hour programs and then went on to complete her 500 hour with Lori Gaspar at Prairie Yoga. Now, she shares yoga's transformative power, helping others find strength, balance, and a deeper connection to themselves.



Jennifer Cowan, Physical Therapist, Anatomy Guru, Yoga Teacher Trainer. Yoga has been a constant in my life from staying grounded during grad school to finding clarity in my career. As a pediatric physical therapist, I saw how yoga could benefit my patients, leading me to train in kids' yoga and eventually expand into teaching adults. In 2016, I deepened my practice through teacher training, and a year later, I began teaching yoga anatomy at Tribalance. Combining my love of movement with my passion for yoga, I have had the joy of guiding every YTT class since.



Jennifer Swets, E-RYT 200, YACEP, MA in Psychology/Human Aging. She been practicing yoga for over 20 years and teaches yin and gentle yoga at a local studio as well as teaching mindfulness and gentle yoga to those in recovery. Jennifer holds certificates in 12-Step recovery yoga, restorative yoga and informed yoga. She has a passion to have people connect their mind, body and spirit through yoga.



Lori Gaspar, BFA, MA, C-IAYT, E-RYT 500, YACEP, Natural Movement Specialist, is the Founder and Director of Prairie Yoga. Known as a "teacher of teachers" – she developed the yoga teacher training curriculums that have trained over 700 yoga teachers in the Midwest. Her teaching integrates natural movement to bring more strength and stability into the yoga practice. Lori is a certified yoga therapist, writes for a number of yoga publications, served on Yoga Alliance's Ethics and Standards Advisory committees and was named by *Yoga Chicago* as an outstanding woman leader in Chicago's yoga community.



Jen Botka, E-RYT 500, Jen is a graduate of the 300 hour Advanced Prairie Yoga Teacher Training and is also a rock star vocalist singing lead with her band "Momma Jen and T-bones." Jen specializes in Yoga for Seniors and Yoga for Cancer and has been training yoga teachers in those areas for Prairie Yoga for over a decade.