

# ***The Baptiste Power of Yoga: Yoga Teacher Certification 2011 Program***

## **INTRODUCTION AND OVERVIEW**

Experience the flow in your body and be engaged in an exploration of universal principles of asana practice. No longer will you merely go through the motions of your practice or your teaching. You will learn distinctions that will bring the flow to life; it will seep into your nervous system, becoming ingrained in your cellular memory. You will also come to understand more clearly with time your practice, and the purpose behind the asanas.

The Path of Baptiste Yoga: The Baptiste Lineage  
Baptiste Yoga as a Life Style  
What to expect in each training module

## **CONTACT HOURS (180 HOURS)**

**I. TEACHING TECHNIQUES: APPLICATION OF BAPTISTE POWER OF YOGA FLOW YA: Techniques Training/Practice (100 hours) 75 contact hours, 50 with primary E-RYT@s?** Includes asanas, pranayamas, chanting, mantra, meditation and other traditional yoga techniques. To accommodate the Yoga Alliance standards, these hours must be a mix between: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis. Note: Contact Hours in this category must be in a dedicated yoga teacher training environment (into which others might occasionally be invited) rather than in classes intended for the general public.

During this program, you will engage and learn the basic key aspects of the time-tested Power of Yoga Asana Sequence that has proven to be a popular, effective, and powerful practice for people from all walks of life.

Keeping a class inspiring and different week by week can be challenging to any yoga instructor, but toss in the physicality of sequencing a class appropriately for optimal health and to guard against injury can be a daunting task. So often, in an effort to provide variety and creativity within the sequencing of a class, structure and foundation is compromised. This module will provide the tools necessary and a few basic rules of thumb to follow when planning and organizing the sequence and series within any yoga class. This module will also cover some simple guidelines to follow when reading the energy of the class as a means of determining what kind of sequence to offer as well as how to structure a class geared toward multiple levels and abilities within the class

Please note: During the course of this 'yoga teacher certification' training, Sherri Baptiste will schedule four one-on-one sessions with you to help you discover your own authentic emphasis as a teacher and to keep expanding into new levels of

technical knowledge, impact, precision, effectiveness, and connection with the people and the lives you touch.

During the natural course of the program many of these areas will be included.

#### THE ART AND SCIENCE OF ASANA

Asana - Posture at a Glance - Yoga posture section of Manual  
Art of Sequencing the Asana, Breath (Vinyasa) Flow sequencing  
Transitions between Asana  
Alignment Theory and Principles of Optimal Alignment  
Baptiste Flow  
Adapting Postures to the Individual  
Use of Props  
Restorative Yoga Techniques and Effects  
Sanskrit Pronunciation of Asanas

#### THE ART AND SCIENCE OF YOGA TOOLS: SOUND, MUDRAS, MEDITATION

The Mind in Yoga  
The Power of Sound: Chanting and Mantras  
Mudras  
Sound and Mudras in Baptiste Yoga Practice  
Meditation and the Relaxation Response  
Overview of Meditation Theory Meditation Techniques

#### THE ART AND SCIENCE OF BREATH Prana

Anatomy and Mechanics of Breath  
Breathing Methodology  
Breathing Techniques (Pranayama)  
Breath in Baptiste Yoga Practice

#### II. TEACHING METHODOLOGY: PRACTICUM

YA (25 hours) 15 contact hours, 10 with primary E-RYTs. Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga. Although your curriculum may include more than five hours on business aspects of teaching yoga, a maximum of five such hours can be counted. Practicum (10 hours) 5 contact hours with primary E-RYTs Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback. Also includes assisting students while someone else is teaching. Note: A minimum of 5 contact hours must be spent actively teaching (not assisting or observing)

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Through practical experience in leading classes, assisting classes, and receiving

live feedback on your teaching, this week of the teacher certification program will prepare you to lead a compelling and quality yoga class from start to finish with confidence and clarity.

## COMMUNICATION

Art of Effective Cueing

Atmosphere and Intention

Language and Voice Awareness

Words are the tools we use to communicate a powerful yogic experience. As a teacher, your voice must be clear and resonant; your words must be precise and inspiring. Students will learn how the vibration of language can change the expression of the body. This week you will uncover a voice which moves the body as you hone language to move the spirit. Concrete exercises and drills are designed to: unleash the power of your voice, avoid overused phrases, vary tone and inflection, eliminate the breathy "yoga teacher voice", provide appropriate silence and space, and much more. As you teach, you will receive live and in action feedback from experienced teachers, practiced students, and your peers to help you clarify your expression and discover and develop your own habits.

## HANDS-ON ASSISTING

Observation Technique

Safe and Effective Hands-On Assisting and Adjusting

Hands-on assists can powerfully bridge the gap between words and experience. You will learn to offer specific assists to address common structural issues and alignment imbalances. Understanding basic anatomy and physiology will let you see the essence of a pose in each student. Through assessment of specific issues in all types of bodies, you will learn to diagnose, approach, adjust, and exit a student's asana practice to give them optimal success in a pose and increase independence. You will develop a confidence in assisting students of all levels that will transform your impact on their bodies and their practices.

## SEQUENCING AND TAILORING THE CLASS

Demonstrating and Multitasking

Adapting to and Creating Group Energy

Music and Design for Yoga Classes

Cultivating Confidence

Sequencing a class

(Student will submit a unique and authentic class of their own. You will teach a sample class to the training group and receive personalized feedback on your teaching.)

## THE BUSINESS OF TEACHING YOGA

Business: From the ins and outs of certification requirements to the practical knowledge of how to get and keep a job teaching yoga to the nitty-gritty of insurance, marketing, pricing, self-employment, substitute teaching, owning your own studio, etc

### III. ANATOMY AND PHYSIOLOGY

YA (20 hours) 10 contact hours. Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc). A minimum of five hours must be spent applying anatomy and physiology principles to yoga.

We will explore the anatomy and physiology of the human body through in-depth lectures, demonstrations, and comparisons as it relates to yoga practice.

#### FUNCTIONAL ANATOMY FOR YOGIS

##### PRACTICAL FUNCTIONAL ANATOMY FOR YOGIS

##### TIPS ON INJURY PREVENTION

##### THE PHYSIOLOGY OF PRACTICE

Digestion, Respiratory, Cardiovascular, Urinary, Lymph, Endocrine, Nervous, and Reproductive

Vedic physiology – what we eat, activity, and herbs

Subtle body - nadis and 5 maya

##### ANATOMY IN PRACTICE

Relaxation Response

Deeper Holds Of Hatha Yoga: Release Techniques, Body

Chakras in Practice

### IV. HISTORY, PHILOSOPHY, LIFESTYLE AND ETHICS OF YOGA

YA (30 hours) 20 contact hours includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers. A minimum of two contact hours must be spent on ethics for yoga teachers.

Yoga is the oldest system of personal development. Journey through the 5000+ year-old tradition of yoga, and trace the history and timeline of yoga from the first indications of asana postures recorded in ancient hieroglyphics to the lineage and practice of present-day masters and teachers.

Ancient Text: This module introduces students to some of the yogic spiritual traditions, the sacred texts and scriptures such as The Yoga Sutras and Hatha Yoga Pradipika. The intention is to help teachers bring the philosophy to life in the classroom. Note: The Vedas The Bhagavad Gita, The Ramayan, and the Upanishads are foundations to later texts so are not identified separately. that guide the practice.

## PHILOSOPHY: ITS HISTORY AND HIGHLIGHTS FOR BAPTISTE YOGA

Yoga: Its family story and key concepts for the Western mind

Yoga Sutras

Practical Applications of the tantric/hatha philosophy in the classroom

Tantra and Goddess

## EVERYDAY YOGA AND ETHICS: YOUR LIFE IS YOUR PRACTICE

Cultivating Flow Off the Mat

Sadhana – Living the Practice

Ethics and the Yoga Teacher

## LIFESTYLE AND NUTRITION

Healthy Eating Fundamentals

Basic Nutrition for a Yoga Lifestyle with Detox Diets

## V. OPEN: REMAINING CONTACT HOURS

Y.A. Remaining Hours (15 hours) Hours to be distributed among educational categories according to the school's chosen emphasis (may be contact or non-contact-hours)

Please note: Workshop and Program content, schedule, and workshops may be open to change.

## YOGA LIBRARY - RECOMMENDED BOOKS (students purchase separately)

Books Required: Participants to Purchase - Books are not included.

A- Anatomy with Steven Katz, DC. Used for Series I and II

Participants to purchase:

1. The Key Muscles of Hatha Yoga: by Ray Long MD  
(BANDHAYOGA Publications)

2. The Key Poses of Hatha Yoga: by Ray Long MD  
(BANDHAYOGA Publications)

*Please note: Amazon sells these at a great rate with free shipping!*

B- History and Philosophy of Yoga: with Kate Vogt

Workbook Book Required (Georg Feuerstein) \$45.

**To order contact:** Kate Vogt [vogtas@earthlink.net](mailto:vogtas@earthlink.net)

C- Baptiste Power of Yoga -Yoga Training

1.The Tenth Door by Michele Hebert \$17.

To order: Sherri Baptiste contact [info@powerofyoga.com](mailto:info@powerofyoga.com)

2. Baptiste Power of Yoga & Mediation DVD \$25

To order: Sherri Baptiste [info@powerofyoga.com](mailto:info@powerofyoga.com)

3. Journey into Power by Baron Baptiste.

*Amazon sells these at a great rate with free shipping!*

D- Pranayama- Breathwork with Richard Miller Ph.D.

Recommended download of this article (Breathing for Life, PDF Download \$11.95) from his website ([www.irest.us](http://www.irest.us) <<http://www.irest.us>>) He would like you to read through this before your first Sunday's class with him, which will give you background for what he'll be teaching.

HOMEWORK:

Totaling 20 hours over 8 months

A final script for 200 hr training with choreography for your own inique class, will be required and due Oct 15, 2011.

A final script and 1,500 word essay with specialty theme for 500 hr trainees with choreography for your own inique class, will be required and due Oct 15, 2011.

The topics for this paper will be announced later in the training. All topics will relate to the course content and the required reading. See more notes below on this.

OUTSIDE PRACTICE:

Gathering in class personal practice yoga hours. During this course teacher training participants will be required to log in personal yoga practice times. Both group class, and private (by yourself) hours will be required as building Personal Foundation. Though your own personal time given to practice: You will also find that you will be able to effortlessly add impact and inspiration to your classes, as well as support your students in a more meaningful and helpful way based on your deeper understanding, personal time given to daily and weekly practice. Baptiste Power of Yoga Practice and approved classes recognized by this program.

Total: 200 hours

Total Contact Hours: 180

**Additional Requirements for Certification:**

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Individual Student Consultations with Sherri Baptiste 500E-RYT (as shown in mentoring program details)

\* 200hr requires: min 4 -50 min private sessions With Sherri Baptiste 500E-RYT

\* 500hr requires: min 4 private sessions with Sherri Baptiste 500RYT.

**A. Private Consultation:** Sherri Baptiste 500RYT: the registered participant of this program need four to six hours of private sessions/consultations. Sessions must be schedule with Sherri Baptiste at her convenience, and private hourly rate (\$125 per 50 min session). These are necessary to meet the requirements of, and training for Certification as a yoga teacher.

These sessions will cover: Finding your authentic voice, and theme as a teacher/instructor. In these sessions you'll receive personalized guidance in organizing your workbook, and meeting the requirements of study. Business ins and outs, of teaching will be covered. The nitty-gritty of insurance, marketing, pricing, Self-employment, developing classes for studios, gyms. Clubs, private clients, substitute teaching, owning your own studio, etc will be discussed in these sessions.

#### **B. Developing a Script for Teaching. Sequencing a class of Your Own:**

Required for 200 hr certification: The process of skillfully scripting a class will build with ease over the months of training. Sherri Baptiste will give guidelines and personally oversee your written script as you work to build a class intended to reflect your authentic interests as a teacher in your own right and unique environments for teaching. Bringing out your own unique voice and inspiration in the process of teaching will be encouraged. In this script we look for a class hatha yoga sequence, designed for home, studio, gym setting, private client, or club setting.

Required for 500 hr certification - Essay and Script: The process of skillfully scripting a class will build with ease over the months of training. Sherri Baptiste will give guidelines and personally oversee your written script as you work to build a class intended to reflect your authentic interests as a teacher in your own right and unique environments for teaching. Bringing out your own unique voice and inspiration in the process of teaching will be encouraged. Specialty theme will be required for 500 hr program. 1,500 word essay to accompany. Sample themes: A class for pranayama, therapeutic, restorative yoga, for seniors, prenatal, Children's yoga, yoga in the schools, yoga in the office, meditation, yoga for special needs adults, yoga nidra, Recovery programs, family yoga, teen yoga... on and on...

Please note:

500-hour programs must contain 300 hours of advanced training, in addition to the basic 200-hour level. The 500 hr and 200 hrs are to be experienced as separate trainings. Each level requires it's own specific training hours. 200 hr certification is required before moving forward to 500 hr training. Please note that if you wish to use a 200 hr certification held from another training school, it must be ok'd by Sherri Baptiste first, in order to register for the 500 hr level.

FEES:

- Mentoring Program registered participants of the program 2011 are responsible for:
- Due at Time of Registration: \$250 Baptiste Power of Yoga, LLC (registration/office fee)
- This Registration/ Office fee is required for each/either: 200 hr or 500 hr registration.

- Due at Time of Certification: \$250 (Certificate fee)
- Private Consultations with Sherri Baptiste: four (50 min) sessions - \$125 ea. Sessions ideally spaced with one early into the training, two in the middle and last one as needed toward the end nearing certification.
- Additional costs and fees participants are responsible for in the mentoring program include:  
Cost of all required 2011 Retreats, workshops, tuitions, accommodations, travel fees, etc. Cost of any and all Baptiste Power of Yoga classes, or outside tutoring and classes to bring up total of 200 required in class hours.
- Yoga Alliance Registration fee: at time of certification (payable directly to Yoga Alliance around \$65)

#### IN ADDITION TO WORKSHOPS AND RETREATS IN THIS PROGRAM

To participate in this program: Commitment to personal and ongoing practice is a huge element in this process of certification through the Baptiste Power of Yoga, LLC Teacher Training Program:

**BAPTISTE LINEAGE:** To receive Yoga Teacher Certification through this program, you must have a minimum of hours of your own personal in-class practice time, with Sherri Baptiste or her list of recognized teachers. It is essential in the instructors training process, that you are being mentored through, that they have an ongoing and strong commitment to their own personal practice, and a strong tie to and sincere interest in the Baptiste inspired style, system, energy and Baptiste Method of Yoga™ during the training. The Baptiste Family carries a lineage of teachers in the Health, Fitness, Yoga and Dance world, based out of San Francisco (USA), that dates back almost 75 years.

The training program must be taken sequentially, and cannot be attended out of order, unless approved by Sherri Baptiste first. Completion of each session is a prerequisite for the next session. Hours and Credits will be given and recorded towards yoga teacher certification for those registered in the Baptiste Power of Yoga Teachers Training Program. These in-depth trainings typically take 9–18 months to complete. They are well paced and fun, giving you the time to know the principals of the yoga system experientially, as well as learning the techniques of yoga as an art, exercise system and practical science.

**IN-CLASS HOUR REQUIREMENTS:** It is the responsibility of the registered participant to keep a log of hours and unique credits listed for all sessions, retreats, workshops, and classes attended, during the training period.

- 2011 Yoga Teacher Certification -200 hr: The minimum requirement of 100 in class hours with Sherri Baptiste or recognized list of teachers below, is usually far exceeded by students in this teacher training group; most have 300 class hours or more.

- 2011 Yoga Teacher Certification -500 hr: The minimum requirement of 300 in class hours with Sherri Baptiste or recognized list of teachers below is usually far exceeded by students in this teacher training group; most have 500 class hours or more.

#### IN CLASS HOURS-PERSONAL PRACTICE

Commitment to the Process of in-class hours: 100 or 300 hours is not hard to gather. Some of you already have that and much more!

- 2 classes per week for one year will equal approximately 100 hrs
- 3 classes per week for one year is about 150 hrs
- 1 day workshop or day retreats - gives 8-10 hrs
- Workshops and Conference Sessions with Sherri Baptiste Conference Session attendance: per -hour credits are given (3 hour workshop = 3 hour credit, etc)
- Weekend long Green Gulch and Tassajara Retreats provide
- Week long- Baptiste Power of Yoga Retreats with Sherri Baptiste: 30 hours
- Weekend long- Baptiste Yoga and Meditation Retreats Green Gulch and Tassajara: 25 hours
- Classes-per hour credit; workshop (1 hour class = 1 hour credit, 3 hour workshop = 3 hour credit, etc)

Other teachers to practice with recognized in this program:

Certified Baptiste Teachers/Providers for hourly in- class credits: Sherri Baptiste, Jennifer Prugh (LosGatos), Eva Yearsley, Caroline Boline (La Jolla), Lisa Murray (Sonoma), Gaylynn Wellinsky (Palm Dessert), Linda Prosche (Maui), Tim Lenheim, Susan Eaton (SF), Ed Tucker, Susan O'Farrell (Placerville), Kim Jewell, Suzee Ackerman, Chas Tiernan, Julie Westle, Elizabeth Lund, Michele Hebert (San Diego), Mehrad Nazari (San Diego), Rusty Wells (SF) and Baron Baptiste.

In addition teachers recognized in this program for in- class hours: Swami Veda Bharati Programs, Richard Miller, and Erin Fleming.

In class hours will be recognized for these teachers with credits given. If you have questions Please discuss with Sherri Baptiste.

#### **TO REGISTER IN YOGA TEACHER CERTIFICATION PROGRAM:**

**Yoga Teacher Certification with Baptiste Power of Yoga is available at 200 or 500-hour level. Those interested participate in the Sherri Baptiste Mentoring Program where you receive guidance and support from Sherri Baptiste and her hand-selected team of trainers.**

Mentoring Process and Fees: Cost for the Sherri Baptiste Mentoring 'Yoga Teacher Certification' Program: \$1,000 payable to Baptiste Power of Yoga The \$1,000 fee is payable as follows: \$250 at registration; \$250 at the time of completion and receipt of certificate; and at the time of 4 private (50 min) sessions with Sherri Baptiste scheduled over the months of study at \$125 per session.

**Please note:** All fees for workshops, retreats, books, yoga classes separate, and are not included in the above mentoring program. Fees for the above are the responsibility of the registered participant. Those in the mentoring program working towards 'Yoga Teacher Certification' will be open to fees training.

**Additional training costs will include:**

Attendance of training modules at Bay Club Marin (see above)

Purchase of books/materials associated with Bay Club Marin training.

Attendance of at least one Baptiste Yoga Retreat. <http://www.powerofyoga.com>

Individual Modules/Workshops of Training are priced separately.

Books are not included.

**2011 WORKSHOP TRAINING LOCATION:**

Bay Club Marin (20 min North of San Francisco)

220 Town Center

Corte Madera, CA 94960 415 945 3054

Contact Erin Fleming at [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com) to register for workshops

Bay Club is a facility dedicated on every level to helping its clientele achieve the very best of wellbeing for body, mind and spirit. Bay Club offers a studio experience that elevates your practice and your studies. This state of the art facility, with its community of members and staff is dedicated to the very best of health and fitness.

**TO LEARN MORE or to REGISTER in the Mentoring Program:**

Please contact: Baptiste Power of Yoga

1-888-804-9642 [info@powerofyoga.com](mailto:info@powerofyoga.com)

**REGISTRATION:**

Contact Baptiste Power of Yoga for an application form.

Incomplete applications will not be considered.

**IMPORTANT LEGAL NOTICE:**

The terms stated herein do not constitute a binding agreement or acceptance into this program, your application must be reviewed, and approved and accepted into the 2011 program first. Then we must have your signed application and your registration fee.

Please note: Workshop and Program content, schedule, and workshops may be open to change.

\*\*As a mentor, and guide through this process of training for the Baptiste Power of Yoga, LLC Training Program 2011; it is at the sole discretion of Sherri Baptiste 500 E-RYT, when she feels The student is ready, to then, and only then give yoga teacher certification. Each student in the training is recognized as individual, and unique in his or her timing for certification.

\*\*Having been trained in the Baptiste Power of Yoga, LLC Teacher Training and Advancing Studies Program, does NOT give the right or permission to use the Baptiste Family or Baptiste, Baptiste Power of Yoga™, or Power of Yoga™ Business name. \*\*Use of the Baptiste name in style of teacher, and or teaching style may be used only with written permission from Sherri Baptiste, Magana Baptiste, or Baron Baptiste.

\*\* To become and remain actively recognized as a 'certified yoga teacher' through the Baptiste Study Programs; Yoga Teacher Insurance must be carried by the Certified Yoga Teacher/Instructor at all times when and wherever teaching. Baptiste Power of Yoga, LLC and/ or Sherri Baptiste Freeman, and or her heirs, are in no way responsible, or liable for the actions of said: 'certified yoga teacher'. It is also recommended that the certified yoga teacher register with California Yoga Teachers Association, International Association of Yoga Therapists, and Yoga Alliance and follows their guidelines of ethics and conduct.