

# Baptiste Power of Yoga™ & Bay Club Marin in Partnership Present

## Yoga Teacher Certification

## & Advancing Yoga Study Program

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FULL PROGRAM: YOGA 200-Hour TEACHER TRAINING PROGRAM with Sherri Baptiste

Baptiste Power of Yoga™ & Bay Club Marin in Partnership Present  
Foundations: A 200-Hour Yoga Teachers Certification Program

Program Director: Sherri Baptiste E-RYT 500

### 200-hour Yoga Alliance Yoga Teacher Certification Program

This program offers a dynamic, integrative approach to the art of living and embodying yoga, and as a certified instructor you will leave the program evolved and ready to integrate the diversity of your experience onto your mat and into your life. Our comprehensive training will demystify the vast world of yoga, help you synthesize your understanding and apply your knowledge to the art of teaching. Yoga Instructor Training will serve to enhance your skill base both personally and professionally, shaping personal wellbeing while defining career potential. You'll learn to teach a well-rounded yoga session as you ignite your power to inspire others

During the more than 200 hours of training on your journey to certification, your experienced teachers, will guide you through a wide range of topics and skills to help you deepen your practice and prepare you to teach if that is your goal. In this program you will study with leading teachers in a cohesive training that will give you confidence in your practice, and ultimately allow you to take your seat as a teacher. Students in this program will learn from world-renowned instructors, how to confidently lead a safe and challenging multi-level yoga class while refining your own practice. This program will give you the essential tools, support and the confidence to teach in their own unique voice and style. With the classic and integrative elements of this training, the one intention, our goal is to create a diverse experience that will lead you to find your one true voice as a teacher.

This program is conveniently divided into modules of study, which apply towards both the 200 or 500 hour training. Each module will be a focused intensive including physical practice, philosophy and anatomy lectures, workshop exploration and community building. There will be ample time for questions and exploration and the instructors are readily available for discussion.

Upon fulfillment of the 200-hour program, you will also be certified and qualified to join The Yoga Alliance and become a member of The International Association of Yoga Therapists.

**FACULTY:**

Students will learn from world-renowned as well as respected local instructors:

Sherri Baptiste

Richard Miller

Tias Little

Sri Magana Baptiste

Kate Vogt

Steven Katz

Erin Fleming

Michele Hebert

Eric Shaw

Josh Michael

Larry Payne (tentative)

Gary Kraftsow (tentative)

Leslie Kamanoff (tentative)

As a registrant and full participant of the Teacher Training program, you will be able to acquire in-class hours from Baptiste Power of Yoga 'Certified Yoga Teachers' and select certified Bay Club Marin instructors. A 10-class card is available for purchase for \$200. For more information please contact Bay Club Marin Yoga Director, Erin Fleming at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

Program Director: Sherri Baptiste is an inspirational yoga teacher at the forefront of training in America. She is the daughter of America's yoga pioneers and master teachers Magana and Walt Baptiste. A member of the International Association of Yoga Therapists (IAYT), Sherri's teacher-training certification and continuing education programs 200 hr and 500 hr are recognized by Yoga Alliance at the highest designated levels of E-RYT 500. She is also recognized by the International Yoga Federation as an honorary member of the World Yoga Council. Founder of Baptiste Power of Yoga™, Author and Conference Presenter her teacher training programs provide an empowering, peaceful oasis in a hurried world, a place where students can find within themselves the tools and knowledge to support and maintain a happier, healthier lifestyle.

**TO LEARN MORE or to REGISTER:**

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

Contact Baptiste Power of Yoga for an application form

or To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

## **Baptiste Power of Yoga™ 200-Hour Yoga Teachers Certification Program**

### **MODULES OF STUDY:**

This Yoga Immersion Program is conveniently divided into several workshop modules, in-class hours and privates sessions. The workshops are conducted on the weekends, April through October 2011.

### **2011**

April 15- 17

May 20-22

June 10- 12

July 15-17

August 19-21

September 16-18

October 21- 23

October 28-30

This Baptiste Power of Yoga™ curriculum incorporates training hours in the following educational categories for Yoga Alliance 200 Hour Teacher Training Certification:

### **FACULTY: TOPIC AND DATES**

Students will learn from world-renowned instructors

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### ***ANATOMY AND PHYSIOLOGY:***

**STEVEN KATZ DC: Series I and Series II** – 5-month module, with seven segments.

**Embodied Functional Anatomy** – Provides 17.5 in class hours, giving 17.5 contact hours.

SERIES I: 4, 2.5 hour sessions (April 16, May 21 & 22, and June 1).

SERIES II. Yoga Postural Alignment – Postural Integrity – 3, 2.5 sessions (October 22, 23, and 29).

### **SERIES I: 4 Segment Module (10 hr/credit ) - Embodied Functional Anatomy**

Fee \$285 Bay Club Members/\$285 Non Members

Location Bay Club Marin- Corte Madera

To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

To fully appreciate the shapes we assume in yoga, we will uncover the anatomy of joints, muscles, fascia, fluids, and the nervous system. This process will stir your imagination and heighten the sense that transformation of your being (beginning with the body) is always possible. This highly practical course requires

your intellect, your body, and your imagination. Be prepared to fall in love with anatomy.

**Functional Anatomy: Feet and Knees** April 16 Saturday 12:45 -3:15 pm

Complexity of Support

- In Life as in Yoga this is the dynamic foundation that allows us to stand, walk, run and have stability and mobility.

**Functional Anatomy: Pelvis and Abdominal Core** May 21 Saturday 12:45-3:15pm

Hub of the Body

- To the ancient yogis, cradled within this region, we find the resting place of kundalini-shakti energy. In modern life we recognize this as the center of stability, core strength and ease.

**Functional Anatomy: Spine and Skull** May 22 Sunday 1- 3:30 pm

Center of the Yogic Universe

- Yogic literature recognizes the shushmna channel, as carrying life-force pranic energy up through the subtle body. Stability, mobility, and overall functioning are the essence of these areas.

**Functional Anatomy: Shoulders, Arms and Hands** June 11 Saturday 12:45-3:15pm

Manipulative Ability

- The human ability to engage freely with full range of motion, mobility of shoulders, arms and the hands determines much about our posture and movement in and through the world, on and off the mat.

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**SERIES II: 2 Segment Module (7.5 hr/credit) - Yoga Posture Alignment - Postural Integrity**

These sessions delve into the biomechanics of asana reveals the miraculous nature of our bodies and movement.

Fee \$185 Bay Club Members/195 Non Members

Location Bay Club Marin- Corte Madera

To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

**Foundation of Posture: Standing Postures** October 22 Saturday 10:30-12pm

Includes: Eve Yearsley's Saturday 'Baptiste Yoga Class' 815 am--9:30 am: (1hr in-class credit)

**Foundation of Posture: Forward Bends & Hip Openers** October 23 Sunday 10:30- 12pm

Includes: Sherri's Sunday 'Baptiste Yoga Class' 815 am--9:30 am: (1.5 In Class Hours)

**Foundations of Posture: Inversions, Shoulder, Head Stand** October 29  
Saturday 10:30-12pm.

Includes: Sherri's Sunday 'Baptiste Yoga Class' 815 am--9:30 am: (1.5 In Class Hours)

**BIO: Dr. Steven Katz** first became a student of Yoga in 1970 under the tutelage of Sri Swami Satchidananda. This formative experience led him to a career in chiropractic that has now spanned 35 years. Dr. Katz has a thriving practice in Mill Valley, CA and incorporates yoga therapeutics into the treatment plan for almost all his patients. He is recognized by the yoga community as a leader in this field and offers a quality of expertise and understanding about the mechanics of the body in yoga that is so effective and simple to apply to practice and daily life. An avid runner, including runs like the Dipsea, a Yogi, natural athlete, and outdoorsman, he might be found in trikonasana in the midst of a run somewhere high up on Mt. Tamalpais in Marin County.

These workshops are open to all students of Yoga: members, non-members, teachers, teachers-in-training and those who want to deepen their practice. 24 Hour cancellation policy applies.

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**HISTORY, PHILOSOPHY, LIFESTYLE, AND ORIGINS:**

Provides 20 in-class hours, giving 30 required YA contact hours.

**KATE VOGT:** Series I and Series II - 7-month module, with eight segments.

**SERIES I: Yoga And Its Story** 5 Segment Module (12.5 hr/credit)  
5, 2.5 hour sessions (April 16 & 17, May 21, June 11, and July 16).

**Students and Teachers Track:** This is for all levels of yoga interest and yoga experience. Beginner to experienced participants are all welcome A 5 sessions, over four month long series for those who want to deepen their understanding of yoga, where it came from and what it is.

Cost: \$285 Bay Club Members/\$295 Non-Members

Location Bay Club Marin- Corte Madera

To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

**Introduction: Yoga, its homeland, and its many meanings** April 16 Saturday  
3:30-6pm

- Introduction to philosophy and the modern teacher.
- India, ancestral home of Yoga

**Living Roots of Yoga: Threads from India's ancient pre-Vedic cultures** April  
17 Sunday 1 - 3:30pm

- Yoga – Indus Valley, Naga, and other early people
- Infinity, physical and supra-physical, wholeness

***Living Roots of Yoga II: Threads from India's Vedic culture*** May 21

Saturday 3:30-6pm

- Hidden symbolism within the postures and practice of asana.
- Formless in form: Inner posture

***Fruition of Yoga: Golden threads woven into Patanjali's Yoga Sutras, Part***

**1** June 11 Saturday 3:30-6pm

The Yoga Sutras can be hard to follow in traditional order. These 2 sessions highlights key concepts relevant to our daily life and practice. Discussion and practices to explore these concepts.

- Ritual, sacrifice, and origins of techniques: *Vedas*
- Mind, senses: Taittiriya, Svetasvatara, and Maitri *Upandishads*
- Eight Limbs: Yanjavalka in Brihad-Aranyaka *Upanishad*

***Fruition of Yoga: Patanjali's Yoga Sutras, Part 2*** July 16 Saturday 3:30-6pm

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**SERIES II:** 3 Segment Module (7.5 hr/credit) - ***Bringing Yoga Philosophy To Life in the Classroom***– 3 Segment Module, 2.5 hour sessions ( (October 21, Oct 22, Oct 29)

**Teachers Track: One month**, two weekend long series for those who want to deepen their understanding of yoga, where it came from, and how to teach it. (This is for teachers and teachers in training) Beginner to experienced participants are all welcome.

Fee \$195

Location Bay Club Marin- Corte Madera

To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

***Body of Yoga I: Worldly liberation in traditional Tantra and Hatha-Yoga***

October 21 Friday 6:30-9pm

The origins of Tantra are little understood. Its literature is vast and the practice comes to life in historical and contemporary Hatha-Yoga. This session looks at concepts relevant to the modern practice: kali-yuga, devi, kundalini-shakti, hamsa, chakra, shodhana, yantra, pranayama, mantra, mudra, dhyana, and asana.

***Body of Yoga II: Ethical guidelines for teachers of Yoga***

Oct 22 Saturday 1:-3:30

- Yamas and niyamas
- Georg Feuerstein's 17 ethical guidelines

**Living Yoga: lifestyle: Indian artist as inspiration**

Oct 29 Sunday 1:-3:30.

- 9 emotions: Natya Shastra
- Discipline and Practice: Creativity
- Workbook Book Required (Feuerstein) - Not included- participants to purchase from Kate Vogt \$45

**BIO: Kate Vogt** (MBA, RYT500) has been leading *Yoga Sutra* sanghas and classes on applying Yoga philosophy to everyday life since 2006 in the Bay area. With a background in art, Kate draws on the work of the ancient Indian artist to explain Yoga. As one student said, "She can explain it (the philosophy) in a way that I understand it and doesn't just rely on lecture like other teachers of philosophical concepts...but offers experiential learning." Kate also teaches therapeutic yoga privately and is a founding advisor of the international Green Yoga Association. Her yoga certifications are with Traditional Yoga Studies (Georg Feuerstein, Ph.D), LMU (Chris Chapple, Ph.D.), and Svatha (A.G. Mohan, Chennai, India). Kate has contributed to Yoga and Health UK and the Yoga Journal magazines and is co-editor of *Mala of the Heart: 108 Sacred Poems*.

These workshops are open to all students of Yoga: members, non-members, teachers, teachers-in-training and those who want to deepen their practice. 24 Hour cancellation policy applies.

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**HISTORY, PHILOSOPHY, LIFESTYLE, AND ORIGINS:**

**YOGA'S HISTORIC ARRIVAL - ERIC SHAW**

**Session:** 1 module (provides 2.5 in class hours, giving 2.5 contact hours.)

Friday May 20 6:30- 9pm (2.5hr/credit)

Cost :\$30 Bay Club Members/\$40 Non Members

Location Bay Club Marin- Corte Madera

To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

**Shaw paints a compelling picture of this East-to-West Revolution in Consciousness, showing India's remarkable impact on Western Culture. Chronicling how the arrival of Mind-Body Methods of Yoga and Meditation have profoundly affected the landscape of America.**

- **India to America:** Yoga's Time line How it arrived in America
  - **The Sacred Thread:** Baptiste Lineage – Their influence on Mainstream America
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**BIO: Eric Shaw** holds graduate degrees in Art, Teaching and Religious Studies. His yoga certifications are from Kripalu and Yogaworks. Since 2001, he has taught Prasana Yoga, a form that explores alignment in movement. He is a regular contributor to *Yoga Journal* and other periodicals and is writing a book on yoga's American history for Anusara Press. A Ph D candidate in Hindu studies, he offers dynamic multimedia presentations on the history, philosophy, and science of yoga worldwide.

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## **TEACHING TECHNIQUES:**

**The POWER OF YOGA FLOW™** - Learn Alignment for Practice or Teaching Safe Transitions and Effective Sequencing  
Sherri Baptiste with Elizabeth Lund  
3 Segments (12 hours toward certification giving -18 contact hours.)  
Cost: \$265 Members/\$275 Guests  
To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

I. *Baptiste Power of Yoga Flow and Teaching Baptiste Power of Yoga Flow* – 3, 4 hour sessions (Sundays 8:00am-12:00) (April 17, May 22, and June 12).

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This is for all levels of yoga interest students and teachers with a minimum of one year of yoga experience recommended. Beginner to experienced participants are all welcome. 3 sessions, over three months long series for those who want to deepen their understanding of yoga. Practice, demo and lecture with question-and-answer period.

This three weekend training program will teach you how to confidently practice and lead a safe and challenging intermediate-level yoga class that yields transformation and inspiration. You will be introduced to intermediate level flow through direct practice followed with a break down of the series over the three weekends. Focus will be on physical alignment, transitions and on free, fluid breathing. The 'Power of Yoga™' sequenced class provides a full range of postures (asana) centering practices (mindfulness), warm up (preparatory), breath-based flow (vinyasa) with balance and strength postures (dynamic). Receive an outline of this innovative sequenced class, designed for the mainstream student.

8:15-10:15am: Morning Practice : Experience a two-hour non stop dynamic practice that includes basic elements of sequencing from warm up, sun salutes, standing poses, seated forward bends, gentle twists, classic backbends, a warm down and relaxation techniques.



10:30am-12 noon: Mid-morning training: Break down the morning practices and learn tips for optimal alignment and safety. Plus, receive modifications and simple adjustment techniques. Learn to offer safe exercises and get powerful results for your participants and clients while inspiring them to greater level of fitness—mind, body and spirit.

Handout includes a four-page outline of this sequenced breath-based intermediate yoga flow. Baptiste Power of Yoga Teachers Training Manual with full posture details and tips may be purchased.

**BIO: Sherri Baptiste:** Leading this workshop is Internationally recognized Sherri Baptiste, CYT, IYT, E-RYT 500, a dynamic teacher at the forefront of yoga training, daughter of two of America's yoga-health-fitness pioneers, founder of Baptiste Power of Yoga™ and author of Yoga with Weights for Dummies. Founder of Baptiste Power of Yoga, she leads teacher-training programs recognized by Yoga Alliance.

BIO: Elizabeth Lund is a Baptiste Certified Yoga Instructor, including Yoga with Weights: Baptiste Method. She effectively trains and teaches a variety of personalized instruction and group fitness classes with over 10 years of experience. Elizabeth Lund holds certifications in yoga, group fitness, dance, kickboxing, personal training, Pilates, and CPR Pro as well as a certificate of completion in the Aaron Mattes method of Active Isolated Stretching.

These workshops are open to all students of Yoga: members, non-members, teachers, teachers-in-training and those who want to deepen their practice. 24 Hour cancellation policy applies.

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## **METHODOLOGY AND PRACTICUM:**

### **FINDING YOUR VOICE-TEACHING TECHNIQUES**

**Sherri Baptiste with Erin Fleming:** 2month-3 weekend modules, with 3 segments— 3, 4 hour sessions (Sept 18, October 23 & 30) (Provides 12 in class hours, giving 25 required YA contact hours)

Cost: \$285 Bay Club Members /\$275 Non- Members

Location: Bay Club Marin- Corte Madera

**To Register:** Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

- July 17 Sunday, Oct 22 Saturday, Oct 23 Sunday's (2-5:45)
- 2:- 4:00 : Sherri Baptiste and Erin Fleming
- 4:30 5:45: Yin Yoga with Erin Fleming

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. Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback. Also includes assisting students while someone else is teaching.

### **Communication**

- Art of effective cueing
- Atmosphere and intention
- Language and voice awareness

### ***Sequencing and tailoring the class***

- Demonstrating and multitasking
- Adapting to and creating group energy
- Music and design for yoga classes
- Cultivating confidence

### ***Teachbacks***

- Sequencing a class
- Student will submit a unique and authentic sample class of their own. Guidelines and samples will be giving to student to help them construct their own session.
- Student will teach a sample 20 min class to the training group and receive personalized feedback on teaching.
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**BIOS: Sherri Baptiste** is an inspirational yoga teacher at the forefront of training in America. She is the daughter of America's yoga pioneers and master teachers Magana and Walt Baptiste. A member of the International Association of Yoga Therapists (IAYT), Sherri's teacher-training certification and continuing education programs 200 hr and 500 hr are recognized by Yoga Alliance at the highest designated levels of E-RYT 500. She is also recognized by the International Yoga Federation as an honorary member of the World Yoga Council. Founder of Baptiste Power of Yoga™, Author and Conference Presenter her teacher training programs provide an empowering, peaceful oasis in a hurried world, a place where students can find within themselves the tools and knowledge to support and maintain a happier, healthier lifestyle.

**Erin Fleming** is Bay Club Marin's Yoga Director and instructor. She has been an active participant in the Bay Area yoga scene for many years. Erin's enthusiasm and devotion to yoga began more than fifteen years ago following an extensive dance career. She has studied under renowned yoga teachers, Erich Schiffmann, and Paul Grilley. She continues to draw her inspiration from a blend of the essential aspects of Ashtanga Vinyasa, Iyengar, Viniyoga, Anusara, and Yin Yoga practices, as well as guided and silent meditations.

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## PRANAYAMA-BREATHWORK:

**RICHARD MILLER:** 2 month module, with two segments provides 5 in class hours, giving 7.50 contact hours Deepening the Pranayama Practice and Expanding the Breath. 2, 2.5 hour sessions (April 17 and June 12).

### PRANAYAMA

**Session I: Sunday April 17 3:30-6pm**

**Session II: Sunday June 12 3:30-6pm**

**To Register:** Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

Fee \$175 (single session \$95)

Location Bay Club Marin- Corte Madera

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**SESSION I:** Richard Miller Ph.D. E-RYT 500 -Sunday April 17 3:30-6pm  
Pranayama (2.5 hrs/credits)

**Deepening the Pranayama Practice:** A Knowledge more secret than the science of breath, wealth more useful than the science of breath, a friend more true than the science of breath, has never been seen or heard of. —Shivagama, 8th Chapter

- breathing consciously
- how breath nourishes and guides asana practice
- breath as a source to awakening
- refining the flow of pranayama
- The Complete Yogic Breath:
  - Puraka- The inhalation
  - Diagrammatic -Costal Inhalation
  - Rehaka- The Exhalation
- Ujjayi Pranayama:Basic Yogic Breathing
  - increased vibration
  - warming thru the breath to awaken the natural movement of asana
  - rhythmic sound

**SESSION II:** Richard Miller Ph.D. - Sunday June 12 3:30-6pm Pranayama (2.5 hrs/credits)

**Expanding with Breath:** We will explore a variety of breathing approaches that we can utilize with our students during group and private sessions as means for awakening and exploring mindfulness, sensation, emotions, cognitions in asana, pranayama and meditation.

- Kumbhaka:The Natural Pause

- Viloma: Against the grain, or the natural line or movement of the breath
- Kapalabhati: Cultivating Light
- Bhastrika: Bellows Breath
- Breath and Meditation

BIO: Richard Miller, PhD is a clinical psychologist, author, researcher, yogic scholar and spiritual teacher. For over 40 years, Richard Miller has devoted his life and work to integrating the nondual wisdom teachings of Yoga, Tantra, Advaita, Taoism and Buddhism with Western psychology. Among his mentors were Jean Klein, T.K.V. Desikachar and Stephen Chang.

Richard is the founding president and CEO of the Integrative Restoration Institute, co-founder of The International Association of Yoga Therapy and founding editor of the professional Journal of IAYT. He is also a founding member and past president of the Institute for Spirituality and Psychology and a founding board member of the Baumann Institute for the study of Awareness and its impact on well-being.



## **TEACHING TECHNIQUES:**

### **PRAJNA YOGA: Activating the Five Sheaths**

**TIAS LITTLE** Three Day Workshop September 16,17, 18th, 2011  
(Weekend module, provides 14 in class hours, giving 20 contact hours)

Fee: \$275

Location: Off Site Location San Francisco (Location to be announced)

To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

The Koshas are sheaths, layers or casings within the body and suggest a progression from outer to inner and from gross to subtle. The idea that the body has various sheathings is an ancient concept in yoga, likening the body to a tree or a plant that has various layers of bark or membrane-like coverings. You'll explore the five koshas' physical, mental and emotional attributes in this workshop from the point of view of myo-fascial bands or meridian-lines.

***The Lateral sheath; Friday, September 16 ; 6:30-8:30pm*** Release the side body through side bends and twisting poses while studying the anatomical structures of the Lateral Sheath.

***The Dorsal sheath; Saturday, Sept 17 ; 10:00-1:00pm*** Release the back body through forward bends. Includes an examination of the musculature and fascia of the back body.

**The Spiral sheath; Saturday, Sept 17, 3:00-6:00pm** This class is designed to release the diagonal myo-fascial bands that link the right and left side of the body through a practice of twists and standing poses.

**The Ventral sheath; Sunday, Sept 18 ; 10:00-1:00pm** Lengthen the front body, particularly through the practice of backbends. We'll study the musculature and connective tissues of the ventral sheath.

**The Core sheath; Sunday, Sept 18 ; 3:00-6:00pm** This class details the innermost sheath of the body, in particular, the ilio-psoas. We will practice asanas to strengthen and release the deepest and most important musculature in the body.

**BIO: TIAS LITTLE** brings to his teaching a wonderful play of metaphor and imagination. He is trained in Iyengar and Ashtanga vinyasa yoga and his perspective clearly reflects the Buddha's teachings. Tias has been a student of Dzogchen practice of Tibetan Buddhism since 2003, studying with Tsoknyi Rinpoche. He has practiced Zen since 1995 and in the past 2 years has been studying koan practice with Roshi Joan Sutherland. Tias' teaching specializes in yoga and anatomy, blending both Western and Eastern perspectives. He is a licensed massage therapist, and has studied extensively in cranial-sacral therapy and Sensory Awareness Training. Tias earned a Masters degree in Eastern Philosophy from St. John's College. He currently directs Prajna Yoga in Santa Fe, New Mexico with his wife Surya and leads yoga intensives both nationally and internationally.

**Josh Michael Mahaprana** -- Sanskrit: Basics 101- Posture Name and Pronunciation (June 12) Sunday 1-3pm or 3:30-6pm

**Larry Payne** (tentative) The Business of Teaching Yoga



## **TEACHING TECHNIQUES:**

**ERIN FLEMING**

### **TEACHING TECHNIQUES:**

**Session:** 1 module ('Teaching Techniques' provides 3.5 in class hours, giving 3.5 contact hours.

**Sunday July 17**

Fee: \$85 Bay Club Members/\$95 Non Members

Location: Bay Club Marin- Corte Madera

**To Register:** Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

- 2- 4:15 Techniques
- 4:30- 5:45 Practice with Class

## **THE DEEPER HOLDS of HATHA YOGA: Skills and techniques to open and prepare the body for meditation.**

Slower yoga practice combined with internal focus engages the mental and emotional bodies into the practice of yoga - expanding its scope and deepening the experience of Hatha Yoga many fold. It is important to find the right depth to any pose, we also have to consider how long to stay in the pose to get optimal health benefits. The emphasis is on releasing muscles and targeting relaxation in the connective tissues in the hips, pelvis, lower spine and back. To obtain maximum health, we also need to find that place where the tension in our poses is "just right". Not too deep, which creates degeneration, and not too little, which creates atrophy.

*'You must learn to be still in the midst of activity and to be vibrantly alive in repose'....GHANDI*

This workshop will focus on:

- How to distinguish the energetic differences between an active practice and passive practice.
- Learn how to identify connective tissue in practice and how to address it's level of tolerance before becoming damaged
- Sustained Holds in Posture: Why that works, what it does, how to apply it.
- Pacing of Postures: Holding Asanas
- Use the body as an entry point to explore, experience and release blocks that prevent you from tapping into the source of the infinite potential
- Mobilize Pranic Energy and Chi through, easy-to teach breath awareness exercises.
- Learn to skillfully sequence a deeper hold yin style yoga class.
- Learn the language needed to teach mindful attention and meditative awareness
- Handout out with the sequenced class will be provided

**BIO: Erin Fleming** is Bay Club Marin's Yoga Director and instructor. She has been an active participant in the Bay Area yoga scene for many years. Erin's enthusiasm and devotion to yoga began more than fifteen years ago following an extensive dance career. She has studied under renowned yoga teachers Erich Schiffmann, and Paul Grilley. She continues to draw her inspiration from a blend of the essential aspects of Yoga practices, as well as guided and silent meditations.

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### **TEACHING TECHNIQUES:**

**Josh Michael Mahaprana** -- Sanskrit: Basics 101- Posture Name and Pronunciation (June 12) 1-3pm (check back for more info)  
To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

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### **TEACHING TECHNIQUES:**

**Michele Hebert:** The Inner Practices of Yoga: Meditation and the Healing Art (July) (Check back for more info)  
To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

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**TEACHING TECHNIQUES:**

**Sri Magana Baptiste** (with Megan Black) : Yoga of the Hands Mudra

(Check back for more info and date)

To Register: Erin at 415 945 3054 or [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com)

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**Yoga Certification Program 2011:**

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.

**Additional training costs 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 of Training are priced separately.
- Additional yoga classes during training time
- Books are not included.

**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:**

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

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