

Yoga Study Program - Optional Yoga Teacher Certification

ANATOMY:

- **Yoga Anatomy:** Steve Katz (April – Oct)
Series I - \$295 Spring (4 sessions)
Series II- \$195 Fall (3 sessions)
<<http://www.powerofyoga.com/yogastudyprogram/stevenkatz.html>>
- **Yoga Five Sheaths Workshop:** Tias Little \$275 (Fri, Sat, Sun) (Sept)

TECHNIQUES:

- **Power of Yoga Flow :** Sherri Baptiste with Elizabeth Lund (April- June)
\$265 (gives 3 sessions) <http://www.powerofyoga.com/yogastudyprogram/baptiste_lund.html>
- **Meditation- Full Moon Meditation:** Sherri Baptiste (May)
\$20
- **Sanskrit 101 Training:** Josh Michaels (July)
\$45
- **Chanting:** Gina Sala' (June)
\$45
- **Inner Practices of Yoga:** Michele Hebert (July)
\$85
- **The Deeper Holds of Yoga:** Erin Fleming (Oct)
\$85
- **Chakra Journey:** Sherri Baptiste (July)
\$45

SCIENCE OF BREATH:

- **Pranayama/Breath Work:** Richard Miller
\$175 (gives 2 sessions) (April & June)
<http://www.powerofyoga.com/yogastudyprogram/richardmiller.html>
- **Practical Yoga Breathing:** Sherri Baptiste (June)
\$30

HISTORY PHILOSOPHY:

- **Philosophy/History: Kate Vogt (April- Oct)**
Series I - \$285 Spring (gives 5 sessions)
Series II - \$195 Fall (gives 3 sessions)
< <http://www.powerofyoga.com/yogastudyprogram/katevogt.html>>
- **Yoga's Arrival in America: Eric Shaw**
\$30

PRACTICUM & METHODOLOGY: (Oct)

- **Practicum and Methodology:** Sherri Baptiste and Erin Fleming
\$165 (gives 3 sessions)

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

Yoga Study Program - Optional 'Yoga Teacher Certification' 200 hr (and applies to 500hr)

Pricing for Full Program:

- **Yoga Foundation Workshops: Bay Club Marin Program: Workshops \$2,235.**
- **Yoga Teacher Certification – Sherri Baptiste Mentoring Program: \$1000. (\$250 registration, 4 private 50 min mentoring sessions over the period of training @\$125 each, \$250 at time of certification)**
- **Baptiste Power of Yoga and Meditation Green Gulch Retreat: 495.**

*A Bay Club Class Card Valued at \$200 will be given to those who register for the full program.

Sherri Baptiste Mentoring Program "Yoga Teacher Certification' 200 hr & 500 hr 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:

- Additional yoga classes (in-class hour requirements) during training time.
- Books are not included.

Books Required - Participants to Purchase:

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>

C- Baptiste Power of Yoga -Yoga Training

1. The Tenth Door by Michele Hebert \$17. To order: Sherri Baptiste contact info@powerofyoga.com
2. Baptiste Power of Yoga & Mediation DVD \$25 To order: Sherri Baptiste 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>>) 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.