

Baptiste Power of Yoga™ Bay Club Marin in Partnership Present  
Foundations: 200 or 500 Hour Yoga Teachers Certification Yoga Study Programs 2011

Date	Day of Week	Time	Topic	Description	Instructor	Location	Cost	Signup
<b>APRIL</b>								
April 16, 2011	Saturday	12:45-3:15PM	Functional Anatomy: Knees & Feet	In life as in yoga this is the dynamic foundation that allows us to stand, walk, run and have stability and mobility	Steven Katz	Bay Club Marin	\$295 for 4 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
April 16, 2011	Saturday	3:30-6pm	Philosophy and History: Introduction	Yoga, its homeland, and its many meanings (2.5 hours) * Introduction to philosophy and the modern teacher	Kate Vogt	Bay Club Marin	\$285 Bay Club Members/\$295 Non-Members	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
April 17, 2011	Sunday	8:00am – 12 noon	The Power of Yoga Flow™	Training to lead safe and challenging intermediate-level classes	Sherri Baptiste & Elizabeth Lund	Bay Club Marin	\$265 Members/\$275 Non Members FOR 3 SESSIONS	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
April 17, 2011	Sunday	1:00-3:30pm	Philosophy and History: Living Roots of Yoga	Threads from India's ancient pre-Vedic and forest cultures (2.5 hours) INDIA: ANCIENT TREASURES Yoga – Indus Valley, Naga, and other early people Infinity, physical and supra-physical, wholeness	Kate Vogt	Bay Club Marin	\$195 for 3 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
April 17, 2011	Sunday	3:30 - 6:00pm	Pranayama	Conscious Breathing	Richard Miller	Bay Club Marin	\$175 for two sessions, \$95 for one session	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
<b>MAY</b>								
May 17, 2011	Tuesday	7:15-8:45pm	Full Moon Meditation	Meditation Techniques that include gentle yoga stretch, relaxation techniques, guided meditation	Sherri Baptiste	Bay Club Marin	\$20	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
May 20, 2011	Friday	6:30 - 9pm	Yoga's Historic Arrival	1. India to America: How Yoga found new Forms and new Endgames in India and America 2. The Sacred Thread: The Baptiste Family's Impact on the Yoga Tradition	Eric Shaw holds graduate degrees in Art, Teaching and Religious Studies. His yoga certifications are from Kripalu and Yogaworks. Since	Bay Club Marin	\$30 Bay Club Members/\$40 Non Members	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
May 21, 2011	Saturday	12:45-3:15PM	Functional Anatomy: Pelvis and Abdominal Core	To the ancient yogis, cradles 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.	Steven Katz	Bay Club Marin	\$295 for 4 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
May 21, 2011	Saturday	3:30-6pm	Philosophy and History: Living Roots of Yoga II	Threads from India's Vedic culture HIDDEN SYMBOLISM IN THE ASANA PRACTICE Philosophical meaning within vinyasa, specific poses, preparation, and full cycle of a practice Formless in form: Inner posture	Kate Vogt	Bay Club Marin		Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
May 22, 2011	Sunday	8am – 12 noon	The Power of Yoga Flow™	Training to lead safe and challenging intermediate-level classes	Sherri Baptiste & Elizabeth Lund	Bay Club Marin	\$265 Members/\$275 Non Members FOR 3 SESSIONS	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
May 22, 2011	Sunday	1:00 - 3:30pm	Functional Anatomy: Spine and Skull	Yogic literature recognizes the shushma channel, as carrying life-force pranic energy up through the subtle body. Stability, mobility and overall functioning are the essence of these areas.	Steven Katz	Bay Club Marin	\$295 for 4 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
<b>JUNE</b>								
June 10, 2011	Friday	7:00-9:00pm	The Joy of Chanting	Mantra, Chant, Kirtan Training 101	Gina Sala	Bay Club Marin	Approximately \$45	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
June 11, 2011	Saturday	8:15-9:30am 10:00-Noon	Use of Props	Practice and instruction on the use of props. Baptiste Yoga Class for Beginners & Practical use of props	Eva Yearsley	Bay Club Marin	\$30-40	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
June 11, 2011	Saturday	12:45-3:15pm	Functional Anatomy: Shoulders, Arms and Hands	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.	Steven Katz	Bay Club Marin	\$295 for 4 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com

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June 11, 2011	Saturday	3:30-6pm	Philosophy and History: Fruition of Yoga I	Golden threads woven into Patanjali's Yoga Sutras, Part 1 (2.5 hours) ANCIENT ROOTS – YUJ TO YOGA Ritual, sacrifice, and origins of techniques: Vedas Mind, senses: Taittiriya, Svetasvatara, and Maitri Upandishads Eight Limbs: Yanjavalka in Brihad-Aranyaka Upanishad	Kate Vogt	Bay Club Marin		Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
June 12, 2011	Sunday	8am – 12 noon	The Power of Yoga Flow™	Training to lead safe and challenging intermediate-level classes	Sherri Baptiste & Elizabeth Lund	Bay Club Marin	\$265 Members/\$275 Non Members FOR 3 SESSIONS	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
June 12, 2011	Sunday	1:00 - 3:00 pm	Practical Sanskrit 101		Josh Michael		Approximately \$45	Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
June 12, 2011	Sunday	3:30-6:00 pm	Pranayama	Deeper Understanding of the breath	Richard Miller	Bay Club Marin	\$175 for two sessions, \$95 for one session	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
June 18-24, 2011	Saturday - Friday	1 week - Daily Activities	Baptiste Power of Yoga Retreat - Montana	Credits will apply to Teachers Training Program in the areas of: Techniques, Teaching Methodology, Philosophy, Science of Breath, Contact Hours and In-class hours	Sherri Baptiste	Feathered Pipe	\$1,495	Kim 406-442-8196 kim@featheredpipe.com
<b>JULY</b>								
July 16, 2011	Saturday	10:00 - Noon and 2:00 - 4:00	Inner Practices of Yoga		Michelle Hebert		Approximately \$85	Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
July 16, 2011	Saturday	3:30-6:00 pm	Philosophy and History: Fruition of Yoga II	The Yoga Sutras can be hard to follow in traditional order. This session covers key topics in the first and second chapter relevant to the Baptiste teacher. Topics: purusa, prakriti, citta, vritti, gunas, abhyasa, vairagya, kleshas, kriya yoga, ashtanga yoga, and kaivalya. Discussion and practices to explore these concepts	Kate Vogt	Bay Club Marin		Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
July 17, 2011	Sunday	10:00 - Noon	Practical Chakra System		Sherri Baptiste		Approximately \$45	Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
<b>SEPTEMBER</b>								
September 16th - 18th	Fri/Sat/Sun	Daylong Intensives	Activating the Five Sheaths	Explore the Five Koshas (layers of the body both subtle and gross), Teaching Techniques, Yoga Therapy	Tias Little	San Francisco	\$275	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
<b>OCTOBER</b>								
October 21, 2011	Friday	6:30 - 9:30pm	Body of Yoga I: Worldly Liberation in traditional Tantra and Hatha-Yoga	Tantra	Kate Vogt	Bay Club Marin	\$195 for 3 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
October 22, 2011	Saturday	10:30-12:30pm	Foundation of Posture	Standing Postures	Steven Katz	Bay Club Marin	\$195 for 3 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
October 22, 2011	Saturday	1:00 - 3:30pm	Body of Yoga II: Ethical guidelines for teachers of yoga	Ethics	Kate Vogt	Bay Club Marin	\$195 for 3 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
October 22, 2011	Saturday	4:00 - 6:00 pm	Authenticity	Finding Your Voice as a Teacher: Communication	Sherri Baptiste & Erin Fleming	Bay Club Marin	\$165 for 3 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
October 23, 2011	Sunday	10:30 - Noon	Foundation of Posture	Forward Bends & Hip Openers	Steven Katz	Bay Club Marin	\$195 for 3 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
October 23, 2011	Sunday	2:00 - 4:15 & 4:30 - 5:45	The Deeper Holds of Hatha Yoga	Skills and Techniques to open and prepare the body for mediation	Erin Flemming	Bay Club Marin	\$85	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
October 29, 2011	Saturday	10:30 - Noon	Foundations of Posture	Inversions, Shoulder, Head Stand	Steven Katz	Bay Club Marin	\$195 for 3 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
October 29, 2011	Saturday	1:00 - 3:30 pm	Living Yoga	Lifestyle: Indian artist as inspiration	Kate Vogt	Bay Club Marin	\$195 for 3 segments	Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
October 29, 2011	Saturday	4:00 - 6:00 pm	Authenticity	Finding Your Voice as a Teacher: Sequencing and Tailoring the Class	Sherri Baptiste & Erin Fleming	Bay Club Marin		Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
October 30, 2011	Sunday	1:00 - 4:00 pm	Authenticity	Finding Your Voice as a Teacher: Teachbacks	Sherri Baptiste & Erin Fleming	Bay Club Marin		Erin Fleming 415-945-3054 efleming@bayclubmarin.com or Sherri Baptiste 1-888-804-9642 info@powerofyoga.com
<b>NOVEMBER</b>								
November 18th - 20th, 2011	Friday - Sunday	Weekend	Baptiste Power of Yoga and Meditation Retreat Green Gulch Weekend	Credits will apply to Teachers Training Program in the areas of: Techniques, Yoga Therapy, Philosophy, Science of Breath, Contact Hours and In-Class hours	Sherri Baptiste & Antonio Sauysa	Green Gulch Zen Center	\$495	Sherri Baptiste 1-888-804-9642 info@powerofyoga.com

Baptiste Power of Yoga Training Programs 200 & 500 hrs are Yoga Alliance Registered. Attendance in these workshop credits apply towards: Yoga Teacher Certification 200 hr and Advancing Studies Yoga Teacher Certificaton' 500 hr Programs.