

BAPTISTE POWER OF YOGA™ & HARMONIA WELLNESS CENTER SAUSALITO
in Partnership Present: FOUNDATIONS - Baptiste Power of Yoga Studies & Teacher Training Certification Program 2017

Date	Day of Week	Time	Topic	Description	Instructor	Location	Cost	Signup
MAY								
May 19	Friday	6:00 pm	Welcome Circle	The Baptiste Family Story & The Teachers Journey	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
May 19	Friday	7–9 pm	Breath is Life		Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
May 20	Saturday	12:15–2:45 pm	Roots of Yoga 1	Philosophical and practical foundations of Yoga from early Forest people and Vedas. Topics include: Light and Prana - Origins of modern-day practices of mantra, mudra, meditation, pranayama.	Kate Vogt	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
May 20	Saturday	3–6 pm	Functional Anatomy	Feet and Knees	Steven Katz	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
May 21	Sunday	9:30–11 am	Baptiste Power of Yoga (asana practice)	90 min non-stop practice includes basic elements of sequencing.	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
May 21	Sunday	11–12 pm	Teachers Circle	Break down the morning practices and learn tips for optimal alignment and safety.	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
May 21	Sunday	12:45–2:45 pm	Roots of Yoga II	Philosophical and practical connections in Yoga from Samkhya, Upanishads, and the epics. Topics include: Foundational concepts & practical application of gunas, dualism & non-dualism, karma, nadis, koshas, moksha, jnana, dharma, etc.	Kate Vogt	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
May 21	Sunday	3–6 pm	Functional Anatomy	Pelvis and Abdominal Core	Steven Katz	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
JUNE								
June 23	Friday	6–6:30	Teachers Circle	Break down the morning practices and learn tips for optimal alignment and safety.	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
June 23	Friday	6:30–8:30 pm	Chakra Journey	An Exploration of the Chakras (with Asana) Flow	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
June 24	Saturday	10–12:30	Establishing the Wisdom and Practices of Yogic Breathing		Richard Miller	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
June 24	Saturday	1:30–3:45 pm	Joy of Chanting Workshop I		Gina Sala	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
June 24	Saturday	4–6 pm	Timeless Yoga I: Liberating yoga in Yoga in Patanjali's Yoga Sutras (c. 200 C.E.)	Topics include: Balance, ease and clarity; and inner alchemy in practice through bhavana, Kriya Yoga (tapas, svadhyaya & Isvara pranidhana), vairagya, abhyasa, pranayama, viveka khyati.	Kate Vogt	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
June 24	Saturday	8 pm	Concert with Jai Uttal	*location off site Open Secret Book Store \$20 additional fee	Jai Uttal	Open Secret Book Store	\$20 additional fee	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
June 25	Sunday	9:30–11 am	Baptiste Power of Yoga (asana practice)	90 min non-stop practice includes basic elements of sequencing.	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
June 25	Sunday	11–12	Teachers Circle	Break down the morning practices and learn tips for optimal alignment and safety.	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
June 25	Sunday	1–3 pm	Joy of Chanting		Gina Sala	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
June 25	Sunday	3–6 pm	Anatomy of The Subtle Body		Jill Abelson	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com

BAPTISTE POWER OF YOGA™ & HARMONIA WELLNESS CENTER SAUSALITO
in Partnership Present: FOUNDATIONS - Baptiste Power of Yoga Studies & Teacher Training Certification Program 2017

Date	Day of Week	Time	Topic	Description	Instructor	Location	Cost	Signup
JULY								
July 9-15	Friday	6–8:30 pm	Retreat: Optimal Brain Health Retreat	Chakra Journey: An Exploration of the Chakras (with Asana) Flow Sherri Baptiste teaches you about the magnetic polarities and energy fields known as the chakras.	Sherri Baptiste and Brad Jacobs MD	1440 Multiversity Retreat Center Santa Cruz, CA	Separate Registration	Email: Sherri Baptiste info@powerofyoga.com
July 21	Friday	6–6:30 pm	Teachers Circle	Break down the morning practices and learn tips for optimal alignment and safety.	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
July 21	Friday	6:30–9 pm	The History of Yoga ‘A Visual Journey’		Phil Golderg	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
July 22	Saturday	10 am–12 pm	The Inner Practices of Yoga Session I	Mantras - Malas - Meditation - Yoga Nidra	Michele Hebert	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
July 22	Saturday	1:15–2:45 pm	Finding Your Voice as a Teacher Session I		Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
July 22	Saturday	3–6 pm	The Inner Practices of Yoga Session II	Mantras - Malas - Meditation - Yoga Nidra	Michele Hebert	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
July 23	Sunday	9:30–11 am	Baptiste Power of Yoga (asana practice)	90 min non-stop practice includes basic elements of sequencing	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
July 23	Sunday	11-11:30 am	Teaching Techniques	Break down the morning practices and learn tips for optimal alignment and safety.	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
July 23	Sunday	12:30–2:30 pm	Timeless Yoga II: Essence of practice in Patanjali's Yoga Sutras (c. 200 C.E.)	Topics include: Peaceful, one-Pointed, and luminous mind; Ashtanga (eight limbs of practice – yamas, niyamas, asana, pranayama, pratyahara, dharana, dhyana, and Samadhi); Non-violence, truthfulness, contentment, etc. for today's practice.	Kate Vogt	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
July 23	Sunday	2:30–4:15	The Use of Props in Restorative Practices		Laurie Famera	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
July 23	Sunday	4:30–6 pm	Bhagavad Gita		Ravi Nathwani	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
AUGUST								
August 25	Friday	6–6:30 pm	Teachers Circle	Break down the morning practices and learn tips for optimal alignment and safety.	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
August 25	Friday	6:30-8:30 pm	Sanskrit Session I		Josh Michael	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
August 26	Saturday	9:30-12:30 pm	Jill Abelson		Jill Abelson	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
August 26	Saturday	1:30-3:30 pm	Embodiment of Yoga: Integrating body into practice in Hatha Yoga Pradipika.	Topics include: The fit body as vehicle for transformation; Prana, pranayama, and purification; Symbolism in vinyasa & asana.	Gina Sala	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
August 26	Saturday	3:30-4:30 pm	Yoga for Beginners		Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
August 26	Saturday	4:45-6 pm	Karma		Ravi Nathwani	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com

Continued on next page

BAPTISTE POWER OF YOGA™ & HARMONIA WELLNESS CENTER SAUSALITO
in Partnership Present: FOUNDATIONS - Baptiste Power of Yoga Studies & Teacher Training Certification Program 2017

Date	Day of Week	Time	Topic	Description	Instructor	Location	Cost	Signup
AUGUST								
August 26	Sunday	9:30–11 am	Baptiste Power of Yoga (asana practice)	90 min non-stop practice includes basic elements of sequencing	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
August 26	Sunday	11–11:30 pm	Teachers Circle	Break down the morning practices and learn tips for optimal alignment and safety	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
August 26	Sunday	1:45–3:45 pm	Sanskrit Session II		Josh Michael	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
August 26	Sunday	4–5 pm	Mudra		Elizabeth Lund	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
August 26	Sunday	5–6:30 pm	Poetry & Meditation		Ravi Nathwani	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
SEPTEMBER								
September 9–16			Optional RETREAT: JOIN US IN SABINA ITALY for a Baptiste Yoga and Culture Retreat	* Registration for this Baptiste Retreat is separate - also provided as an option. This retreat is not included in the YTT Program However: Attendance at retreats provides additional in-class hours and credits towards certification	Sherri Baptiste			To Register: www.powerofyoga.com/italy/
OCTOBER								
October 13	Friday	6–9 pm	Business of Teaching Yoga		Allison Berardi & Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 14	Saturday	12:15–2:45 pm	Living Yoga I: Secrets of traditional Tantra	Tantra has been largely misunderstood, yet concepts and techniques from classical Tantra are part of today's yoga practice. Topics included: Harmony, beauty, and discipline; Shakti, Shiva, the Goddesses, bija mantra, mudra, yantra, kundalini, chakras.	Kate Vogt	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 14	Saturday	3–6 pm	Yoga Anatomy		Steven Katz	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 15	Sunday	9:30–11 am	Baptiste Power of Yoga (asana practice)	90 min non-stop practice includes basic elements of sequencing	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 15	Sunday	11–12 pm	Teachers Circle		Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 15	Sunday	1–2:45 pm	Working with Senior Populations		Jane Rivera	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 15	Sunday	12–3 pm	Yoga Anatomy		Steven Katz	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 15	Sunday	3–6 pm	Practicum	(in groups, practice teaching) Feed Back Session with YTT Group Community Circle	Sherri Baptiste & Allison Berardi	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 20–22	Friday–Sunday		Baptiste Yoga & Meditation Green Gulch Retreat	* Registration for this Baptiste Retreat is separate - also provided as an option. This retreat is not included in the YTT Program However: Attendance at retreats provides additional in-class hours and credits towards certification	Sherri Baptiste & Rama Vernon	Green Gulch Farm Zen Center		To Register: www.powerofyoga.com/greengulch/greengulch2017.html
October 27	Friday	6–7 pm	Intro to Yoga with Weights		Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 27	Friday	7–9 pm	Social Networking		Pat Bailey	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com

Continued on next page

BAPTISTE POWER OF YOGA™ & HARMONIA WELLNESS CENTER SAUSALITO
in Partnership Present: FOUNDATIONS - Baptiste Power of Yoga Studies & Teacher Training Certification Program 2017

Date	Day of Week	Time	Topic	Description	Instructor	Location	Cost	Signup
OCTOBER								
October 28	Saturday	10 am–12 pm	Pranayma	Dynamic Breathing Advanced Practice	Richard Miller	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 28	Saturday	12:15–2:45 pm	Living Yoga II: Principles and practices for well-being, peace of mind, and inner joy	Topics include: Intention and individualized inner balance; Ancient Sciences of Ayurveda and Jyotish.	Kate Vogt with Praveena Kumar, Ayurvedic Specialist	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 28	Saturday	3–6 pm	Yoga Anatomy		Steven Katz	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 29	Sunday	9:30–11 am	Baptiste Power of Yoga (asana practice)	90 min non-stop practice includes basic elements of sequencing.	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 29	Sunday	11 am – 12 pm	Teachers Circle	Break down the morning practices and learn tips for optimal alignment and safety	Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 29	Sunday	12–3 pm	Yoga Anatomy		Steven Katz	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 29	Sunday	3:15 – 4 pm	Meditation Sitting Techniques and Warm up		Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
October 29	Sunday	4–6 pm	Pranayama for Meditation and intro to Nidra (I rest)	for diverse populations such as Vets	Richard Miller	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
NOVEMBER								
November 4	Saturday	7–8:30 pm	Full Moon Meditation		Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
November 10	Friday	6–9 pm	The Art of Teaching: Finding your Voice as a Teacher		Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
November 11	Saturday	10–12 am	The Deeper Holds of Yoga (asana practice with lecture)	Walter Hurd is personally trained by Walt Baptiste	Walter Hurd	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
November 11	Saturday	1:15–2:45 pm	Living Yoga III: Roots of Yoga as a Transformative State and Practice	Topics include: Serenity, surrender, silence, and stillness; Obstacles to practice; concepts of Purusha, kaivalyam, moksha, and siddhis.	Kate Vogt	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
November 11	Saturday	3:30–6 pm	TBA Postures for the Athlete with Tim Lenheim or Bhanda System with Jill Abelson		Tim Lenheim Jill Abelson	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
November 12	Sunday	9:30–11:15 am	Baptiste Power of Yoga (asana practice)		Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
November 12	Sunday	12:30–4 pm	YTT Group Practicum (Refining Your Delivery) YTT Teaching Yoga (15 min each)		Sherri Baptiste & Allison Berardi	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
November 12	Sunday	4-6 pm	Practice & Power of Yoga Distilled Wisdom: The Final Session		Sherri Baptiste	Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
November 19	Sunday	4 pm	Private Graduation Special Celebration	Fire Puga and Certificates Given. Guests are Welcome		Harmonia Wellness Center Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com
November 19	Sunday	6 pm	Graduation Group Reception Celebration	Food Provided *Extra dinner and concert fees, for YTT Family and Guests		Avatar Sausalito	\$Cost	To Register: Call Allison Berardi- 415 332-1432 Or email: Sherri Baptiste info@powerofyoga.com