

# Baptiste Power of Yoga™ in Partnership with Harmonia Wellness Center & Social Club

## Present: Foundations Yoga Training Yoga Teacher Certification & Advancing Your Study of Yoga Program

FULL PROGRAM: **YOGA STUDY** 200-300 Hour TEACHER TRAINING PROGRAM with Sherri Baptiste

Baptiste Power of Yoga™ & Harmonia Wellness Center in Partnership Present  
Foundations: A 200-500 Hour Yoga Teachers Certification Program

Program Director: Sherri Baptiste E-RYT 500 - Founder Baptiste Power of Yoga, LLC

### 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 personal practice and 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 practice and teach a well-rounded yoga session as you ignite your power to inspire others.

Yoga Foundations Program: Registration is open to all students, anyone wanting to expand and improve their own personal practice and deepen their knowledge of yoga and the body.

We invite those who would like to explore the possibility of teaching, want yoga teacher certification, and those who would like to refine their teaching abilities. This includes new or experienced yoga students, teachers, Harmonia Members, Non-Members of Harmonia, and registered participants in the Baptiste Teachers Training Programs. Attendance in these workshops will apply and fulfill credits towards Yoga Alliance, and or the Baptiste Power of Yoga™ Teacher Certification Program.

During the more than 200-300 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 personal practice and prepare you to teach if that is your goal. Keep in mind that this program is designed first for your own practice. 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 personally in life and as a teacher. This is for all levels of yoga interest students and teachers with a minimum of one year of yoga experience recommended. Beginners to experienced participants are all welcome.

This program is conveniently divided into modules of study, which apply towards both the 200 and 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 or 500-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.

**MASTER TEACHERS-FACULTY INCLUDES:**

Sherri Baptiste  
Kate Vogt  
Steven Katz DC  
Richard Miller Ph.D.  
Phil Goldberg Author  
Jill Abelson  
Ravi Nathwani Ph.D.  
Josh Michaels  
Michele Hebert  
Jai Uttal  
Gina Sala  
Allison Berardi  
Pat Baily  
Walter Hurd  
Laurie Famera  
Jane Rivera  
Elizabeth Lund and more...

Weekend Dates: 2017

Fri 6-9pm

Sat 10-6pm

Sun 9:30-6pm

Immersion Weekends:

May 19,20,21

June 23, 24,25

July 21, 22, 23

August 25, 26, 27

October 13,14,15

October 27, 28, 29

November 10, 11,12

November 19 Graduation: Certificates of Completion or Yoga Teacher Certification

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 Harmonia Wellness Center instructors. A 12-class card is available for purchase for \$200. For more information please contact Harmonia Yoga Director,

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:**

Harmonia Wellness Center Marin (20 min North of San Francisco)  
2200 Marinship Way  
Sausalito, CA 94960  
415-332-1432

Contact: Allison Berardi at Harmonia to register for this program and its workshops

(Harmonia Wellness Center) is a facility dedicated on every level to helping its clientele achieve the very best of wellbeing for body, mind and spirit. (Harmonia Wellness Center) 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.

**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 private sessions. The workshops are conducted on the weekends, May through November 2017.

**2017**

May 19,20,21

June 23, 24,25

July 21, 22, 23

August 25, 26, 27

October 13,14,15

October 27, 28, 29

November 10, 11,12

November 19 Graduation: Certificates of Completion or Yoga Teacher Certification

**ELEMENTS OF TRAINING 2017**

This Baptiste Power of Yoga™ curriculum incorporates training hours in the following educational categories for Yoga Alliance 200 & 500 Hour Teacher Training Certification:

**FACULTY: TOPIC AND DATES**

Students will learn from world-renowned instructors

**ANATOMY AND PHYSIOLOGY: 2017**

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

**Embodied Functional Anatomy** – Provides 18 in class hours, giving 18 contact hours.

SERIES I: Two 3-hour sessions (May 20 & 21).

SERIES II: Four 3-hour sessions (October 14, 15 - Oct 28, and 29).

**SERIES I:** 2 Segment Module (6 hr/credit) - Embodied Functional Anatomy

Location: Harmonia Wellness Center- Sausalito, CA

To Register: Call Allison Berardi- 415 332-1432

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**

May 20 Saturday 3-6 pm (3hr)

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 Sunday 3-6 pm (3hr)

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.

**SERIES II:** 4 Segment Module (12 hr/credit) –

### **Yoga Posture Alignment – Postural Integrity & Standing Postures**

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

Location: Harmonia Wellness Center- Sausalito, CA

**To Register: Call Allison Berardi- 415 332-1432**

#### **Weekend I:**

### **Functional Anatomy: Spine and Skull Oct 14, Saturday 3-6 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 Oct 15 Sunday, 12-3 pm (3hrs)**

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.

#### **Weekend II:**

### **Foundation of Posture: Forward Bends & Hip Openers October 28 Saturday 3-6pm (3hrs)**

### **Foundations of Posture: Inversions, Shoulder, Head Stand October 29 Saturday 12pm-3 (3hrs)**

**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 40 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, nonmembers, teachers, teachers-in-training and those who want to deepen their practice. 24 Hour cancellation policy applies.

## TEACHING & SUBTLE BODY ANATOMY TECHNIQUES:

### JILL ABELSON

#### Activating the Five Sheaths

(Weekend module, provides 6 in class hours, giving 9 contact hours)

Location: Harmonia Wellness Center- Sausalito, CA

**To Register: Call Allison Berardi- 415 332-1432**

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. When decoded and understood, the mysteriously powerful workings of the inner body reveal new meaning, subtle feeling, and graceful force into our practice and teaching. This workshop dives deep into the multi-layered subtle bodies of yoga anatomy. Students will also learn to recognize imbalance or blockages, with insights into the five koshas' physical, mental and emotional attributes.

#### **Anatomy of The Subtle Body: Session I June 25, 3-6pm**

ANNAMAYA KOSHA: physical body - associated with:

- Setting up the poses: Hand/foot pattern + foundation
- Gross muscle/large muscle groups
- Leg/arm skeletal alignment
- Grounding and firming the postures

PRANAYAMA KOSHA: energetic body - associated with

- breath and pranayama
- light touch and refinements to poses to awaken energy
- energetic alignment of all postures

MANOMAYA KOSHA: emotional body - associated with

- restorative poses, hip openers, backbends
- meditation posture + practice

#### **Anatomy of The Subtle Body: Session II Saturday, Aug 26, 9:30-12:30**

VIJNANAMAYA KOSHA: intellectual body - associated with:

- alignment of all poses
- deepening understanding/comprehension
- balance in all poses

ANANDAMAYA KOSHA: bliss body - associated with

- inversions
- savasana

#### **Jill Abelson (500 E-RYT)**

Jill Abelson is a teacher, trainer and author whose heart and soul over the past 10 years has been training and mentoring the next generation of yoga teachers. She has been on the senior 200/500HR TT faculty in San Francisco since 2010, specializing in assisting, sequencing, alignment, subtle body and philosophy. She has trained with renowned teachers Lex Gillan (Hatha yoga), David Swenson (Ashtanga vinyasa), Michael Carroll (Kripalu yoga), Shiva Rea (vinyasa) and most extensively with her primary teachers Sharon Gannon and David Life, founders of Jivamukti Yoga in NYC. Before moving to the Bay area, Jill taught to sold-out classes at Washington DC's award winning Flow Yoga Center and rose up in the ranks to become Advanced Certified in the Jivamukti lineage and international Teacher Training

mentor, all while working full-time in environmental policy and communications. In addition to Yoga Tree, she has served on the training faculty of Jivamukti Yoga's 300-hour Teacher Training Program and at Yoga Flow SF, Giggling Lotus SF, Flow Yoga Center, Buddha B Yoga, Tranquil Space, Shakespeare Theater Academy of Classical Acting and City Fitness Gym all in Washington DC. Jill lives in Marin with husband Jeff and two Siamese rescue cats.

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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 hr/credit – 18 contact hrs)

Five 2.5 hour sessions (May 20, May 21, June 24, July 23, Aug 23).

**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.

Location: Harmonia Wellness Center - Sausalito, CA

To Register: Call Allison Berardi- 415 332-1432

#### **Introduction: Yoga, its homeland, and its many meanings**

May 20, Saturday 12:15-2:45pm (2hrs)

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.

#### **Living Roots of Yoga: Threads from India's ancient pre-Vedic cultures**

May 21, Sunday 12:45 – 2:45pm (2hrs)

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.

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

June 24, Saturday 4-6pm (2hrs)

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.

#### **Fruition of Yoga: Golden threads woven into Patanjali's Yoga Sutras, Part 1**

July 23, Sunday 12:30-2:30pm (2hrs)

The Yoga Sutras can be hard to follow in traditional order. These 2 sessions highlight 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 Upanishads
- Eight Limbs: Yanjavalka in Brihad-Aranyaka Upanishad

#### **Fruition of Yoga: Patanjali's Yoga Sutras, Part 2**

August 26, Sunday 1:30-3:30pm (2hrs)

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.

## **SERIES II: Bringing Yoga Philosophy to Life in the Classroom**

Five Segment Module (7.5 hr/credit)

3 Segment Module, 2.5 hour sessions (October 13,14, Oct 28)

**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.

Cost \$195 Non-Members -\$185 Harmonia Members

Location: Harmonia Wellness Center- Sausalito, CA

**To Register: Call Allison Berardi- 415 332-1432**

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

October 14, Saturday 12:15-2:45pm (2.5hr)

**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 (e.g., Durga, Lakshami, Sarasvati), bija mantra, mudra, yantra, kundalini, chakras.

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

October 22, Saturday 12:15 - 2:45pm (2.5hr)

Kate Vogt with Praveena Kumar, Ayurvedic Specialist - 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.

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

October 29, Sunday 1:15 – 2:45 (2.5hr)

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.

**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 – PHIL GOLDBERG

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

Cost \$50 Non-Members, \$45 Harmonia Members

Location: Harmonia Wellness Center - Sausalito, Ca

To Register: Call Allison Berardi- 415 332-1432

**Phil 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. He brings alive the historical timelines in America as Walt Baptiste and his beautiful wife Magana pioneered mind-body-spirit awareness in San Francisco in what is known today as a mainstream practice called YOGA.**

- **India to America:** Yoga's Time line How it arrived in America
- **The Sacred Thread:** Baptiste Lineage – Their influence on Mainstream America
- **The Roots and Lineage of the Baptiste Family:**  
Leaders and Innovators at the forefront of Yoga in America

### BIO: Phil Goldberg

Philip Goldberg is the author or co-author of numerous books; a public speaker and workshop leader; a spiritual counselor, meditation teacher and ordained Interfaith Minister. He lives in Los Angeles, cohosts the Spirit Matters podcast, leads American Veda Tours and blogs regularly on Huffington Post and Spirituality & Health.

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## PRANAYAMA-BREATHWORK:

### PRANAYAMA RICHARD MILLER: Deepening the Pranayama Practice & Expanding the Breath

2-month module, with three segments provides 6.5 in class hours, giving (6.5 credits) (10 contact hours)  
One 2.5 hour & two 2hour sessions (June 24, Oct 28, Oct 29).

Location: Harmonia Wellness Center- Sausalito, CA

To Register: Call Allison Berardi- 415 332-1432

### PRANAYAMA

**Session I: Sunday June 24, 10-12:30** Establishing the Wisdom and Practices of Yogic Breathing

**Session II: Saturday Oct 28, 10-12pm** Dynamic Pranayama –Advanced Practices

**Session III: Sunday Oct 29, 4-6pm** Pranayama for Meditation and Intro to Nidra (I rest)  
for diverse populations such as Vets

**SESSION I:** Richard Miller Ph.D. E-RYT 500 - Sunday June 24 10-12:30

Establishing the Wisdom and Practices of Yogic Breathing 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:
  - o Puraka- The inhalation
  - o Diagrammatic -Costal Inhalation
  - o Rehaka- The Exhalation
- Ujjayi Pranayama:Basic Yogic Breathing
  - o increased vibration
  - o warming thru the breath to awaken the natural movement of asana
  - o rhythmic sound

**SESSION II:** Richard Miller Ph.D. – Saturday 1-12pm Dynamic Pranayama – Advanced Practices  
Pranayama (2 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

**SESSION III:** Richard Miller Ph.D. – Sunday Oct 29 4-6 Pranayama for Meditation and intro to Nidra (I rest) for diverse populations such as Vets (2 hrs/credits)

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, and breath in relationship towards meditation.

- Breath and Meditation

**BIO: Richard Miller, PhD** is a clinical psychologist, author, researcher, yogic scholar and spiritual teacher. For over 45 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.

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## **BREATH IS LIFE with Sherri Baptiste**

1 module, provides 2.5 in class hours, giving (3 credits) (4.5 contact hours)

Location: Harmonia Wellness Center- Sausalito, CA

**To Register: Call Allison Berardi - 415 332-1432**

**Session: Friday May 19**

**Time 6:30- 9 pm**

The Yogic word for life force/vital force is prana (pronounced prah-nah). Breathing affects your state of mind and physical well-being while enhancing any yoga, dance, athletic or exercise program. Proper breathing naturally increases peace of mind, strengthens your body's immune system, slows biologic aging processes, awakens regenerative energies, balances your nervous system and enhances creative abilities. Nationally recognized yoga expert Sherri Baptiste will teach you 7 practical breathing techniques to build a deep Yogic Zen-like practice for yourself and clients.

This workshop includes:

- gentle posture with warm-up for lungs, spine and chest
- anatomy of the breath (lecture - brief)
- pranayama (breathing) workshop including a variety of techniques:
  - the Complete Breath
  - the Abdominal Breath
  - the Ocean Breath
  - the Balancing Breath
  - the Alternate Nostril Breath
  - the Cleansing Breath
  - the Vitality Breath
  - a deep relaxation

Handout provides a general guide to breathing practices plus breathing techniques and tips.

Equipment required: yoga mat, blanket and yoga block.

For thousands of years Yogis have recognized that breathing affects state of mind and physical well-being. Proper breathing supports peace of mind, strengthens your body's immune system, slows biologic aging processes, awakens regenerative and physical energies, while balancing your nervous system and enhancing creative and physical potential. Learn 7 practical breathing techniques to build a deep Zen-like practice for yourself and clients.

Leading this workshop is nationally recognized yoga expert Sherri Baptiste CYT, IYT, ERYT 500, a dynamic teacher at the forefront of yoga training, founder of Baptiste Power of Yoga™ and author of Yoga with Weights & Yoga All in One for Dummies.

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## TEACHING TECHNIQUES:

**THE POWER OF YOGA FLOW™** - Learn Alignment for Practice or Learning for Personal Practice & Teaching Safe Transitions and Effective Sequencing  
Sherri Baptiste- Baptiste Power of Yoga  
4 Segments (10 in class hours toward certification giving -15 contact hours.)

Location: Harmonia Wellness Center- Sausalito, CA  
**To Register: Call Allison Berardi- 415 332-1432**

I. Baptiste Power of Yoga Flow and Teaching Baptiste Power of Yoga Flow – 4 Sundays: 3, 2.5 hr & 1, 2hr session (Sundays 9:30am-12:00)  
(May 21, June 25, July 23, Aug 27).

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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 Sherri Baptiste – Power of Yoga innovative sequenced class, designed for the mainstream student.

9:30-11am: Morning Practice: Experience a 90min 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.

11-12 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.

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

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## **SANSKRIT: THE LANGUAGE OF YOGA & CONSCIOUSNESS**

**Josh Michael Mahaprana - Sanskrit:** Basics 101 - Posture Name and Pronunciation

Session I: Friday Aug 25, 6:30-8:30 pm.

Session II: Saturday Aug 27, 1:45-3:45pm

Session I, II: two modules (provides 4 in class hours, giving 6.5 contact hours.)

Location: Harmonia Wellness Center- Sausalito, CA

**To Register: Call Allison Berardi - 415 332-1432**

**Practical Sanskrit 101: Since ancient times the practice of yoga has included the study of Sanskrit.**

**Students and Teachers Track:** This is for all levels of yoga interest and yoga experience. Beginner to experienced participants are all welcome. This session is for those who want to deepen their understanding of yoga, and what it is. Sanskrit is integral to the practice of asana: an essential adjunct for harmonizing and balancing the mind. Knowledge of Sanskrit, even at the most beginning level, makes it possible to grasp the subtleties of yoga philosophy, whose body of teachings are written in it. Through experiencing the profundity of Sanskrit sounds, your yoga practice and understanding can move to new depths.

### **Introduction:**

Basic Sanskrit grammar, experiencing how sounds combine with each other.

The essential elements of Sanskrit sound, allowing you to develop an intimacy with the language of yoga.

Asana (yoga pose) names, within the sounds of Sanskrit, are the language of Yoga and its postures.

This class will be fun and engaging and can lead you deeper into your experience of yoga both on and off the mat. No previous experience with Sanskrit is necessary to attend.

“If one has knowledge of Sanskrit, then knowledge of yoga is possible as well.” – *Sri. K. Pattabhi Jois*

**BIO: Joshua Michael,** a senior teacher with the American Sanskrit Institute, has been studying with its founder, Vyaas Houston, since 1997. He leads Sanskrit and Yoga Philosophy workshops throughout the US and internationally. Joshua is also a licensed psychotherapist with a yoga psychology-based counseling practice in San Francisco and Marin County, California.

Sanskrit and Yoga Philosophy cannot be taught without great love, a deep understanding of the transformative beauty of sound, and the vulnerability to approach each moment as new. Joshua Michael is a rare teacher who has these qualities in abundance. – *Vyaas Houston, Founder, American Sanskrit Institute*

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## **GINA SALA: JOY OF CHANTING**

Session I: Saturday June 24, 1:30-3:45 pm.

Session II: Sunday June 25, 1-3pm

Session I, II: two modules (provides 4.25 in Credits, giving 6.5 contact hours.)

Location: Harmonia Wellness Center- Sausalito, CA

**To Register: Call Allison Berardi - 415 332-1432**

Saturday, June 24, 1:30-3:45 pm: Gina Sala – Joy of Chanting Workshop I with Gina Sala

Sunday, June 25, 1-3 pm: Joy of Chanting with Gina Sala

Since ancient times the practice of yoga has included the study of Sanskrit and the chanting of Sanskrit mantras to induce calm and clarity in meditation. Through experiencing the profundity of Sanskrit sounds, feeling their force and power, and the unique way they vibrate the palate, body and chakras, your yoga practice and understanding can move to new depths, eliminating limiting habituated patterns and awaken to a deeper sense of freedom and self-awareness.

**Sessions I & II** are for the absolute beginner to the advanced chant masters. In this gentle, fun, workshop we explore cross-cultural singing/sounding techniques that will include:

• breath • tone • image resonance • improvisation • mantra • mudra • rhythm tuning • joy-laughter • & more

Discover how your voices can bring great pleasure and peace by bringing us fully into our bodies and this moment. In this place, loving compassion arises. In Classic Yoga Study: Chanting a selection of the most important of Patanjali's Yoga Sutras, the quintessential yogic text as well as supporting verses from various sacred texts such as the Bhagavad Gita, Ramayana, Hitopadesha, Mandukya Upanishad and Vairagya Shatakam.

Gina Salá will compassionately and passionately guide you deeply into the heart of chant. Exploring the meaning, while practicing you'll be introduced to Sanskrit 'Sound Practices' awakening joy and inspiration from within.

**BIO: Gina Salá** is a vocalist, teacher, composer, chant leader and sound healer having performed at the UN sharing songs and sound healing techniques with a repertoire spanning 23 languages. She performs her global vocal repertoire focusing on the power of sound and was the lead singer for Cirque du Soleil's "O". Her mantra practice began over 3 decades ago as a child living in a hindu ashram. She has continued her studies with masters since 1992 also living in a monastery in Nepal and walking solo in the Himalayas.

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**ANCIENT TEXT-KARMA- POETRY & MEDITATION with Ravi Nathwani**  
**3 modules 2, 1.25 hrs, 1, 1.25hr. (provides 4.5 in class hours, giving 6 contact hours)**

Location: Harmonia Wellness Center- Sausalito, Ca

To Register: Call Allison Berardi- 415 332-1432

Sunday, July 23, 4:30- 6 pm: Ravi Nathwani – Bhagavad Gita

Saturday, Aug 26, 4:45-6 pm: Ravi Nathwani – Karma

Sunday, Aug 27, 5-6:30 pm: Ravi Nathwani – Poetry & Meditation

“Veda” literally means knowledge and the “Vedas” are considered the most sacred scripture of Hinduism. The Vedas, which were articulated by sages or seers who lived in India several thousand years ago, were among the first to articulate the interconnection between all things in the known and unknown universe. They taught the secret teachings about the cosmic moral laws of karma and reincarnation.

The Rishis, the ancient yogic scientists, discovered that the ideal could be made real in a more permanent manner through various ritualistic practices. One practices ceremony, on the Yogic and Buddhist tantric path, study of the wisdom texts support spiritual practice, intention, purification, integration, protection, meditation, and realization and for the welfare of others.

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**THE DEEPER HOLDS of HATHA YOGA: WALTER HURD**

**Session:** 1 module ‘Teaching Techniques’ provides 2 in class hours, giving 3.5 contact hours.

**Saturday Nov 11**

Location: Harmonia Wellness Center- Sausalito, CA

**To Register: Call Allison Berardi - 415 332-1432**

• **10 - 10:30 Lecture**

• **10:30 - 12 Practice**

**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, upper 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 the mind in practice and how to address its level of fluctuation
- 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 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

***“I love practicing yoga in this unique way because it really does heighten your life experience. You uncover new energy, new layers of personal strength both in the body and character, and new insights into who you are... Walter Hurd”***

Walter Hurd studied with the American born Spiritual Master Walter Paul Baptiste for more than forty years. Certified and entrusted by Walt Baptiste to carry forward these teachings, Walter worked for fourteen years with his Guru at the Baptiste yoga and spiritual center in San Francisco, CA. Walter's activities included helping with the construction and operation of four health food restaurants. He also served as chef in Walt Baptistes, Hungry Mouth Restaurant. Walter also helped Walt Baptiste with the opening and management of a Health and Spiritual Retreat in El Salvador, Central America. Throughout the forty-year period with his guru, Walter both attended and taught thousands of yoga and meditation classes taught in the unique Baptiste Power Yoga style. Since 1998 Walter has privately helped guide hundreds of people to overcome their physical, mental or emotional limitations of every kind.

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**MICHELE HEBERT: The Inner Practices of Yoga: Meditation and the Healing Art  
(4 in class hrs - giving 6.5 contact hours)**

**SATURDAY: July 22**

Location: Harmonia Wellness Center- Sausalito, CA

**To Register: Call Allison Berardi - 415 332-1432**

**Inner Practices of Yoga Session I & II**

- 10-12 Michele Hebert: Session I - The Inner Practices of Yoga: Mantras - Malas - Meditation - Yoga Nidra
- 3-6 Michele Hebert: Session II - The Inner Practices of Yoga: Mantras - Malas - Meditation - Yoga Nidra

**Techniques and Practice:**

Experience sacred and foundational practices of Raja Yoga as taught in the Yoga Sutras. The importance of studying and learning to work with the mind and go beyond the mind into pure consciousness brings richness and depth to every part of your life. Michele will discuss and teach you the yoga practices of:

1. Mantra and Malas (yoga prayer beads) - how to use these ancient tools to get hold of the mind and to utilize as a preliminary to meditation. “Yoga is the cessation of the fluctuations of the mind.” Yoga Sutra 1.2
2. Meditation - Raja Yoga meditation practices as taught by Yogi Raj Walt Baptiste. The purpose of meditation is to achieve union with the deepest part of ourselves, pure consciousness or Spirit.

3. Yoga Nidra - "Nidra" in Sanskrit means sleep. In this unique state of consciousness your body is more relaxed than when sleeping yet the mind is clear and awake allowing deep healing to occur.

Techniques and Practice: Experience sacred and foundational practices of Raja Yoga as taught in the Yoga Sutras. The importance of studying and learning to work with the mind and go beyond the mind into pure consciousness brings richness and depth to every part of your life.

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**CHAKRA JOURNEY: SHERRI BAPTISTE**  
**(2 in class hrs - giving 3.5 contact hours)**

Location: Harmonia Wellness Center- Sausalito, CA  
**To Register: Call Allison Berardi - 415 332-1432**

Friday June 23, 6:30-8:30pm:

**Sherry Baptiste - Chakra Journey: An Exploration of the Chakras (with Asana) Flow**

Nationally recognized yoga expert Sherry Baptiste teaches you about the magnetic polarities and energy fields known as the chakras. The chakras are vital force centers at the different levels of consciousness in the human system. Discovering and nourishing the chakras regularly with the energy of your breath and certain yoga postures balances and increases the vitality of the surrounding organs and cells. When the seven centers are perfectly aligned, optimum energy flows throughout your nervous system resulting in a feeling of peaceful well-being.

This session includes:

- a dynamic exploration of the chakras as a path of yogic transformation and healing
- a hatha yoga posture session designed and sequenced to awaken and balance the chakras
- visualization and color breathing techniques
- techniques to awaken subtle awareness and bring balance
- a guided meditation to open you toward self-realization or resonance on all levels

Handout provides a general guide to the chakra system plus a sequencing of the breath-based chakra hatha yoga flow

Equipment required: yoga mat, blanket and yoga block or sitting cushion.

Experience a dynamic exploration of the chakras as a path of yogic transformation, healing and self-realization. This session includes a hatha session designed and sequenced to awaken spirit and balance the chakras. Visualization, color breathing techniques and meditation will be practiced to stimulate subtle awareness and bring balance to the chakras, leaving you with an overall sense of well-being.

Leading this workshop is Sherry Baptiste CYT, IYT, ERYT 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 & Yoga All in One for Dummies. Sherry will guide you skillfully and gently through yoga postures to nourish the chakras.

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### **YOGA OF THE HANDS: Mudra with Elizabeth Lund**

**Sunday, Aug 27, 4-5 pm** (1 in class hrs - giving 2 contact hours)

Cost \$35 Non-Members - \$25 Harmonia Members

Location: Harmonia Wellness Center - Sausalito, CA

**To Register: Call Allison Berardi - 415 332-1432**

Mudras (gestures of the hands) are considered the cornerstones of yoga, and they may gently start electromagnetic currents within the body which can increase your health. Nationally recognized yoga expert Sherri Baptiste guides you through a breath-based flow of yoga incorporating mudras. Learn how to bring mudras in at key moments during hatha yoga practice. Discover how mudras can help shift your mood. Enhance your sense of overall well-being and discover a greater sense of renewal, inspiration and joy. In the mudra system, each area of the hand reflexes to a certain part of the mind or body. By curling, crossing, stretching and touching the fingers and hands, an inner dialogue within your body and mind may begin to take hold.

Practice & Lecture: A handout will be provided.

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**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 16 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.

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### **FULL MOON MEDITATION with Sherri Baptiste**

All Levels are welcome; beginning to the experienced meditator

**Date: November 4, 7-8:30pm**

Cost \$25 Non-Members - \$20 Harmonia Members

Location: Harmonia Wellness Center - Sausalito, CA

**To Register: Call Allison Berardi - 415 332-1432**

Physicians, psychologists and other professionals endorse meditation as a powerful tool for relieving stress, maintaining health and promoting creativity and vitality. Research shows that developing a deep and regular meditation practice provides positive physiological and psychological benefits.

Full Moon Meditation: Meditating at the time of the full moon offers a window of energetic opportunity, one that also acknowledges the relationship with the universal-force, supportive in your life. Full Moon Meditations also serves as a symbol to remind you of potential within yourself that knows no limits or boundaries. Meditation cultivates your connection towards sources of spiritual energy and conscious direction in living. We use the meditation experience to define and redefine our life purpose and focus. Meditation is a conscious practice and deliberate process that helps to support the collective consciousness within you while opening to the larger perspective of your life with all its potential. Diving deep into the world of human spiritual and universal potential the full moon this full moon meditation holds a space to energetically support authentic individually and as a greater collective in community with the opportunity to share in deep spiritual practice.

This session includes:

- gentle hip opening stretch
- sitting techniques
- breathing techniques to still the body and quiet the mind
- the art and practice of relaxation
- guided visualization
- centering techniques
- body scanning with gentle guidance to deepen stillness
- self-reflection
- meditation with the use of sound
- silent meditation

Equipment is provided at Harmonia: Some equipment is available at Harmonia however if you have your own yoga mat, blanket and sitting cushion please bring them. Wear comfortable clothes for yoga.

Sherri Baptiste a nationally recognized yoga expert teaches you how to tap into the spiritual power of meditation and shares a helpful way to sequence your meditation practice.

## **METHODOLOGY AND PRACTICUM:**

### **FINDING YOUR VOICE-TEACHING TECHNIQUES with Sherri Baptiste**

1 module (3 hr/credits) (4.5 contact hours)

(Provides 12 in-class hours, giving 25 required YA contact hours)

Cost \$95 Non-Members - \$85 Harmonia Members

Location: Harmonia Wellness Center- Sausalito, CA

**To Register: Call Allison Berardi - 415 332-1432**

**Session: Friday Nov 10, Sherri Baptiste**

**Time: 6-9pm**

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.

Sequencing: Art of Baptiste Inspired Yoga Flow

- benefits of sequencing
- vinyasa flow
- static holds
- conscious breath work
  
- Communication
- class room atmosphere
- teaching and student etiquette
- language and voice awareness
- art of effective cueing
- authenticity in teaching
  
- Tailoring the Class
- demonstrating and multitasking

- adapting to and creating group energy
- music and design for yoga classes
- cultivating confidence

**Time Allowing:** Also, some Teach backs: Includes practice teaching, receiving feedback, observing others teaching and hearing and giving feedback. Also, includes assisting students while someone else is teaching.

**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. The International also recognizes her 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.

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**Practicum Session:** Sherri Baptiste & Allison Berardi - Overseeing

Sunday Oct 15:

Time: 3 -6 pm

1 modules (3 hr/credits) (6 contact hours)

Teach backs cultivating ideals, safety and voice quality that we look for as teachers

Practicum: YTT Community Group Circle with Feed Back Session on Shared Teaching Experiences

Teach backs

- Sequencing a class sample
  - 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. (15 min)
  - Student will teach a sample (15 min class) to the training group and receive constructive personalized feedback on teaching.
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### **BUSINESS OF TEACHING YOGA - Allison Berardi & Sherri Baptiste**

Real-world business advice to enhance basic business skills as a Yoga Teacher and Entrepreneur.

Friday, Oct 13, 6-9pm

Session: 1 module (provides 6 in class hours, giving 6 contact hours)

Cost \$85 Non-Members - \$75 Harmonia Members

Location: Harmonia Wellness Center- Sausalito, CA

**To Register: Call Allison Berardi - 415 332-1432**

Join Allison Berardi & Sherri Baptiste as they present: Practical real-world business advice for anyone considering teaching yoga, owning or operating a studio, or wanting to enhance basic business skills as

the entrepreneur. This is an excellent workshop and vital for yoga teachers, personal trainers, those in the fitness, massage and spa industries as well as studio and gym owners.

Class Description: The Business of Teaching Yoga will cover the practical aspects of getting started as a Yoga teacher.

Topics to include: Ethics and qualities of a Yoga teacher, How much to charge, Private lessons, Creating your own Yoga environment, Leading a Retreat, Promotional materials and strategies, Yoga products, Yoga days and weekends, Yoga for Corporations and Starting a Yoga center.

**BIOS:**

**Allison Berardi**

**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 she is the founder of Baptiste Power of Yoga, LLC and author of *Yoga with Weights for Dummies* and co-author of international bestseller *Yoga All in One for Dummies*. One of America's most respected Yoga teachers she teaches in Marin County at five world class facilities all week long, also leading Teachers Training Programs since 2002. She serves as a Conference presenter in the Yoga, Spa and Fitness Worlds, while also leading Retreats nationally and internationally since 1998, Most recently she is featured in the DVD *Baptiste Power of Yoga & Meditation*.

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Yoga Certification Program 2017:

**Yoga Study Foundations Program Certificate of Completion or Yoga Teacher Certification:**

This 2017 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.

Ninety (90) percent attendance is required to receive Certificate of Completion. We do understand that sometimes it is necessary to miss workshop or weekend. Kate Vogt will serve as a tutor for those who miss attendance, and will help them to fulfill the study and needs of that missed session, or sessions. Her tutorial fee is separate from this program and to be paid directly to her.

Please note that if you are already certified in 200-hour level, outside of Baptiste Trainings, you may still apply for this advancing 300 hr study program. You'll need to provide the history and certification from your 200 hr to Sherri Baptiste. It is to the discretion of Sherri Baptiste; acceptance into this program towards receiving 500 hr certification or not.

Upon fulfillment of the 200 or 500-hour program, you will also be qualified to join The Yoga Alliance.

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## **OPTIONAL MENTORING PROGRAM OFFERED:**

### **Yoga Study Foundations Program Teacher Certification with Baptiste Power of Yoga:**

Yoga Teacher Certification with Baptiste Power of Yoga™ is available at 200 or 500-hour level, if interested please review the additional information as shown below:

Those interested may participate in the optional Sherri Baptiste Mentoring Program where you receive guidance and support from Sherri Baptiste one on one, along with her hand-selected team of trainers. Optional Mentoring Program with Sherri Baptiste and Registration into the Baptiste Power of Yoga Teacher Training Program also requires complete and successful guidelines of the program to be completed as shown above. Please note that final acceptance and approval for those in the mentoring program working towards Baptiste Power of Yoga Certification, is left to the full discretion of Sherri Baptiste.

Please note that if you are already certified in 200-hour level, outside of Baptiste Trainings, you may still apply for this advancing 300 hr study program (500). You'll need to provide the history and certification from your 200 hr to Sherri Baptiste. It is to the discretion of Sherri Baptiste; acceptance into this program towards receiving 200 OR 500 hr certification, or not.

#### **Additional training costs include:**

- Attendance of training modules at Harmonia Wellness Center (see above)
- Purchase of books/materials associated with Harmonia Wellness Center 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.

**To Register: Call Allison Berardi- 415 332-1432  
and also, email Baptiste Power of Yoga [info@powerofyoga.com](mailto:info@powerofyoga.com)**

#### **TRAINING LOCATION:**

Harmonia Wellness Center/Social Club (10 min North of San Francisco)

Location: Harmonia Wellness Center - Sausalito, CA

**To Register: Call Allison Berardi - 415 332-1432**

Contact Harmonia Wellness Center at [efleming@bayclubmarin.com](mailto:efleming@bayclubmarin.com) to register for workshops

Harmonia Wellness Center/Social Club is a facility dedicated on every level to helping its clientele achieve the very best of wellbeing for body, mind and spirit. Harmonia offers a studio experience that elevates your practice and your studies. This Historic: Plant Record Recording Studio, with its community of members and staff is dedicated to the very best of community events, education, health and fitness.

Yoga Foundations Program Registration: May – November, 2017 Sessions

\$3,495 Regular

\$2,995 Early Bird (before 5/1/17)

\$2,895 Harmonia Members & Baptiste Registered – Continuing Studies YTT Group

TO LEARN MORE or to REGISTER:

To Register: Call Allison Berardi- 415 332-1432

Please in addition also Email: Sherri Baptiste at Baptiste Power of Yoga [info@powerofyoga.com](mailto:info@powerofyoga.com)

REGISTRATION:

Contact Baptiste Power of Yoga for an application form.

Incomplete applications will not be considered

**PERSONAL MENTORING:** Cost for the additional/optional –  
Additional: (separate from Foundations Study Program Registration Fee)

**Additional Personalized Guidance with Sherri Baptiste Private Sessions will be offered: this also offers the student another level of Certification with successful completion of the Foundations Program. into the Baptiste Power of Yoga Teachers Registry.**

Sherri Baptiste- Baptiste Power of Yoga Mentoring 'Yoga Teacher Certification' Program:  
\$1,150 payable as follows:

- \$275 to register
  - \$275 at the time of completion and receipt of certificate into the Baptiste Power of Yoga Teachers Certification Registry
  - 4 private (50 min) sessions with Sherri Baptiste to will be scheduled over the eight months of study at \$150 per session.
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