

Presented by: Baptiste Power of Yoga™, LLC in Partnership with
HARMONIA WELLNESS CENTER-SOCIAL CLUB

A FOUNDATIONAL YOGA STUDY PROGRAM,
TEACHER TRAINING, YOGA TEACHER CERTIFICATION,
AND ADVANCING YOUR STUDIES PROGRAM

Director: Sherri Baptiste, ERYT 500

Postures, Techniques, Teaching Methodology, Yoga Anatomy Physiology, Pranayama/Breath Work, Philosophy, Meditation, Specialty - Yoga with Weights. Teacher Certification Program and Advancing Studies Programs are now in progress. If you would like information on joining this study program and training with Sherri Baptiste of Baptiste Power of Yoga™ please call Allison Berardi 415-819-8524 or 415-332-1432 at Harmonia to register for this program and its workshops or send an email to info@powerofyoga.com. We welcome your questions and interest for this and future program.



'Our greatest fear is not that we are inadequate, but that we are powerful beyond measure. It is our light, not our darkness, that frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, handsome, talented and fabulous? Actually, who are you not to be?... Your playing small does not serve the world... And, as we let our own light shine, we unconsciously give other's permission to do the same. As we are liberated from our fear, our presence automatically liberates others'...

Teachers Training Program

'BE THE CHANGE'

From the Desk of Sherri Baptiste:

Calendar at a Glance:

BAPTISTE POWER OF YOGA & HARMONIA WELLNESS CENTER SAUSALITO

in PARTNERSHIP PRESENT: FOUNDATIONS

Baptiste Power of Yoga Studies & Teacher Training Certification Program 2017

YTT: Required weekends: May – November, 2017 Program

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 the Yoga Alliance Certification and/or Baptiste Power of Yoga™ Teacher Certification Program.

YTT Weekends will run:

Friday 6-9 pm

Saturday's 10-6pm

Sunday's 9-6pm

Weekend Dates: 2017

SPRING SESSION

May 19, 20, 21

Friday May 19

- 6 pm: Sherri Baptiste – Welcome Circle:
The Baptiste Family Story & The Teachers Journey
- 7- 9 pm: Sherri Baptiste - Breath is Life

Saturday May 20:

- 12:15–2:45 pm: Kate Vogt - 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.
- 2:45-3 pm: Break
- 3-6 pm: Steven Katz - Functional Anatomy: Feet and Knees (3hrs)

Sunday May 21:

- 9:30-11 am: Sherri Baptiste - Baptiste Power of Yoga (asana practice) 90 min non-stop practice includes basic elements of sequencing.
 - 11-12 pm Teachers Circle Sherri Baptiste - Break down the morning practices and learn tips for optimal alignment and safety.
 - 12 – 12:45 Lunch Break
 - 12:45 -2:45 pm: Kate Vogt - 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.
 - 2:45-3 pm: Break
 - 3-6 pm: Steven Katz - Functional Anatomy: Pelvis and Abdominal Core (3hr)
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SUMMER SESSIONS

June 23, 24,25

July 21, 22, 23

August 25, 26, 27

Friday June 23:

- 6-6:30 Teachers Circle Sherri Baptiste
- 6:30-8:30 pm Sherri Baptiste - Chakra Journey: An Exploration of the Chakras (with Asana) Flow

Saturday June 24:

- 10-12:30: Richard Miller - Establishing the Wisdom and Practices of Yogic Breathing
- 12:30-1:30 Lunch Break
- 1:30-3:45 pm: Gina Sala – Joy of Chanting Workshop I Gina Sala
- 3:45-4 pm: Break
- 4-6 pm: Kate Vogt - 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.
- 8pm Concert with Jai Uttal (*location off site Open Secret Book Store -\$20 additional fee)

Sunday June 25:

- 9:30-11 am: Sherri Baptiste - Baptiste Power of Yoga (asana practice) 90min non-stop practice includes basic elements of sequencing.
 - 11-12 Teachers Circle Sherri Baptiste Break down the morning practices and learn tips for optimal alignment and safety.
 - 12-1 pm Lunch
 - 1-3 pm: Joy of Chanting with Gina Sala
 - 3-6 pm Anatomy of The Subtle Body with Jill Abelson
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July 9-15 RETREAT: – OPTIMAL BRAIN HEALTH RETREAT

Sherri Baptiste and Brad Jacobs MD

1440 Multiversity Retreat Center – Santa Cruz, CA - Friday June 23:

- 6-6:30 Teachers Circle Sherri Baptiste
- 6:30-8:30 pm Sherri Baptiste - Chakra Journey: An Exploration of the Chakras (with Asana) Flow

<https://www.1440.org/program/transform-your-life/>

Nationally recognized yoga expert Sherri 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

** 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*

July 21, 22, 23

Friday: July 21

- 6-6:30 Teachers Circle (encourage they begin working on script)
- 6:30-9pm The History of Yoga 'A Visual Journey' – Phil Golderg

Saturday: July 22

- 10-12 Michele Hebert: Session I - The Inner Practices of Yoga: Mantras - Malas - Meditation - Yoga Nidra
- Lunch 12-1
- 1:15-2:45 Sherri Baptiste: Session I - Finding Your Voice as a Teacher
- 2:45-3 Tea Break
- 3-6 Michele Hebert: Session II - The Inner Practices of Yoga: Mantras - Malas - Meditation - Yoga Nidra

Sunday: July 23

- 9:30-11 am Sherri Baptiste - Baptiste Power of Yoga (asana practice) 90 min non-stop practice includes basic elements of sequencing.
- 11-11:30 Teaching Techniques: Sherri Baptiste Break down the morning practices and learn tips for optimal alignment and safety.
- 11:30-12:30 Lunch Break
- 12:30-2:30 pm: Kate Vogt - 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.
- 2:30-4:15 Laurie Famera - The Use of Props in Restorative Practices
- 4:15-4:30 Tea Break
- 4:30-6 pm: Ravi Nathwani – Bhagavad Gita

August 25, 26, 27

Friday: Aug 25

- 6-6:30 Teachers Circle
- 6:30-8:30pm: Josh Michael: Sanskrit the Language of Yoga - Session I

Saturday: Aug 26

- 9:30-12:30 Jill Abelson: The Art of Hands on Assisting
- 12:30-1:30: Lunch
- 1:30-3:30 Kate Vogt - Embodiment of Yoga: Integrating body into practice in Hatha Yoga Pradipika. Topics include: The fit body as vehicle for transformation; Prana, pranayama, mudra, bandha, and purification; symbolism in vinyasa & asana.
- 3:30-4:45 Tea Time
- 3:45-6pm Ravi Nathwani: Bhagawad Gita

Sunday: Aug 27

- 9:30-11 am Sherri Baptiste - Baptiste Power of Yoga (asana practice) 90 min non-stop practice includes basic elements of sequencing.

- 11-12:30 Teaching Techniques: Sherri Baptiste Break down the morning practices and learn tips for optimal alignment and safety.
 - 12:45- 1:45 Lunch Break
 - 1:45- 3:45pm: Josh Michael: Sanskrit the Language
 - 3:45-4 Tea Time
 - 4-6 pm: Ravi Nathwani: Karma Yoga Session II
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SEPTEMBER BREAK

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.*

<http://www.powerofyoga.com/italy/>

FALL SESSIONS

October 13, 14, 15
October 27, 28, 29
November 10, 11, 12

Friday: Oct 13

- 6-9 pm Business of Teaching Yoga - Allison Berardi & Sherri Baptiste

Saturday: Oct 14

- 11-12: Lunch Break
- 12:15-2:45 pm: Kate Vogt - 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.
- 2:45-3 pm: Break
- 3-6 pm: Steven Katz - Yoga Anatomy

Sunday: Oct 15

- 9:30-11 am: Sherri Baptiste - Baptiste Power of Yoga (asana practice) 90min non stop practice includes basic elements of sequencing.
 - 11-12 pm Teachers Circle Sherri Baptiste Break down the morning practices and learn tips for optimal alignment and safety
 - 12-1 Lunch Break
 - 1-2:45 pm: Working with Senior Populations: Jane Rivera
 - 2:45-3 pm: Break
 - 12-3 pm Steven Katz Yoga Anatomy
 - 3-6 pm: Practicum Sherri Baptiste & Allison Berardi (in groups, practice teaching)
Feed Back Session with YTT Group Community Circle
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RETREAT: Oct 20-22 OPTIONAL WEEKEND RETREAT

Baptiste Yoga & Meditation Green Gulch Retreat October 20-22, 2017

*Sherri Baptiste with Special Guest Rama Vernon (personally trained by Magana & Walt Baptiste) * 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.

http://www.powerofyoga.com/greengulch/greengulch_responsive.html

October 27, 28, 29

Friday: Oct 27

- 6-7 pm: Intro to Yoga with Weights with Sherri Baptiste
- 7-9 pm: Social Networking Pat Bailey

Saturday: Oct 28

- 10am-12 Richard Miller: Pranayama - Dynamic Breathing Advanced Practice
- 11-12: Lunch Break
- 12:15-2:45 pm: 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.
- 2:45-3 pm: Break
- 3-6 pm: Steven Katz - Yoga Anatomy

Sunday: Oct 29

- 9:30-11 am: Sherri Baptiste - Baptiste Power of Yoga (asana practice) 90min non-stop practice includes basic elements of sequencing.

- 11-12: Teachers Circle Sherri Baptiste Break down the morning practices and learn tips for optimal alignment and safety
- 12-1 pm: Lunch Break
- 12-3 pm: Steven Katz - Yoga Anatomy
- 3-3:15 pm: Tea Break
- 3:15- 4 pm: Sherri Baptiste – Meditation Sitting Techniques and Warm up
- 4-6 pm: Richard Miller – Pranayama for Meditation and intro to Nidra (I rest) for diverse populations such as Vets

Saturday: November 4

- 7 - 8:30 pm Full Moon Meditation - Sherri Baptiste

November 10, 11, 12

Friday: November 10

- 6-9pm The Art of Teaching: Finding your Voice as a Teacher Sherri Baptiste

Saturday: November 11

- 10-12 Walter Hurd The Deeper Holds of Yoga (asana practice with lecture) (personally trained by Walt Baptiste)
- 12-1:15 Lunch Break
- 1:15 -2:45 pm: Kate Vogt - 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.
- 3:15 pm: Tea Break
- 3:30-6 pm: TBA - Postures for the Athlete with Tim Lenheim or Bhandas System with Jill Abelson

Sunday: November 12

- 9:30-11:15 am: Sherri Baptiste - Baptiste Power of Yoga (asana practice)
- 11:15-12:30 Lunch Break
- 12:30-4 pm: YTT Group Practicum (Refining Your Delivery) – YTT Teaching Yoga (15 min each) Co Lead by Sherri Baptiste & Allison Berardi
- 4-6 pm: Sherri Baptiste: Practice & Power of Yoga–Distilled Wisdom: The Final Session

Schedule continues on following pages.

November 19 Graduation: Certificates of Completion or Yoga Teacher Certification

GRADUATION:

November 19 Sunday

- 4 pm Private Graduation Special Celebration (Fire Puga and Certificates Given) at Harmonia
 - Guests are Welcome
 - 6 pm: Graduation Group Reception Celebration - Food Provided - Avatar Sausalito
*Extra dinner and concert fees, for YTT Family and Guests.
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Please also note:

The Baptiste Haramara Women's Retreat March 2018

Optional: RETREAT: Baptiste Yoga 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*

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 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

- A payment plan may be requested with Allison Berardi of Harmonia.

This will provide a Certificate of Completion Trained through the Baptiste Study Programs, for 200-300 hr 2017 Program. If interested in Yoga Alliance Registration, this will provide you with needed credits to apply.

- **Additional/Optional Mentoring Program:** Sherri Baptiste personal mentoring and ‘Baptiste Power of Yoga Teacher Certification’ program, is also available during the months of your training. **Please request more information.**

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

REGISTRATION:

Contact Baptiste Power of Yoga for an application form.

Incomplete applications will not be considered

*** Please note that 87- 90% attendance and successful homework submission is required to receive a ‘Certificate Completion’ or ‘Yoga Teacher Certification’. We do however understand that sometime a workshop or weekend, may be missed. In this case and to support your successful study, there is a tutorial program in place to help you fulfill the requirements and stay on track with training. A separate tutorial fee, is paid directly to Kate Vogt, and is not included in this program.**

** Please note that some sessions may be subject to change.*

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.