



## **YOGA WITH WEIGHTS: BAPTISTE METHOD ONLINE LEARNING PROGRAM**

**Certificate of Completion or  
Optional Teachers Track Instructor Level I  
March 1, 2024 - A 12-MODULE LEARNING PROGRAM  
Special Discount Registration**



**Designed for all Levels of Ability  
See Course Breakdown on page 6**

### Registration Form

Applications for Yoga with Weights Learning Online Programs are individually reviewed. Enrollment is limited.

Baptiste Power of Yoga, LLC offers experiential, educational workshops, classes and programs. We recognize that the nature of this learning program is to promote personal growth and deeper understanding of yoga with weights. It is your responsibility to do your best to uphold and foster a quality of environment in your own process of learning. It is important for you to possess a high degree of interest, in the twelve modules of learning in order to maximize your potential in learning. Each module will build on the past module, with your depth of understanding progressing while also expanding.

Submission of your application indicates that you have read, understood, and agree to commit yourself fully to the requirements for the online learning (12 modules) in order to receive a Certificate of Completion, and that you understand the scheduled payment program.

Teachers Track: Instructor Certification Level I: If you are already a Certified Yoga Teacher, Fitness Instructor, Health Professional or Educator registering for this online course you will be eligible for Yoga with Weights Instructor Level I. Optional Teachers Track would be available for you. It encompasses an additional 12 lesson plans, added to your curriculum over the course of study. By successfully completing the Yoga with Weights modules plus the 12 Course Teachers Track, you will be eligible (certification is at the discretion and approval of Baptiste Power of Yoga, LLC: Director Sherri Baptiste) for Yoga with Weights: Baptiste Method Instructor Level I Certification. An additional \$295 Fee (at the end of program) is required at time of Yoga with Weights Level I "Instructor Certification". Payment is made to Baptiste Power of Yoga, LLC. Registering you for: Yoga with Weights: Baptiste Method Certification Level 1. A Yoga with Weights: Baptiste Method certificate will be provided.

Support during the twelve modules of learning:

Through conscious care provided to each participant, students will be skillfully mentored through the 12 online training. Each module of study provides a detailed format to follow, with weekly homework. The students will receive individual guidance as needed over the 12 modules.

Each module program (12 individual in total) will be provided (one per every other week) on Thursday. Julie Sawyer (Educator and Online Guide) will provide guidance and lesson plans with each module. She will be available for questions as well during the natural course of each module. The official start for study of each module lesson will be effective on Saturday. Reading and completion of assignments will be due on the scheduled Saturday's due date.

Sherri Baptiste will be available via email for questions at the onset of the program, and towards



the end of the twelve modules. She will be online, with the learning group, over the 12 modules periodically.

Kate Vogt will provide tutorial support during the program if needed. Up to one hour of tutorial (a maximum of 60 min) is included in your program.

**Student's Process:** The online learning process offers a blend of elements that include required reading, self study, practicing yoga with weights exercises on your own, with video clips to support the program. Varying ranges, depending on the participants personal pacing and study habits, with an anticipated time commitment for each student to dedicate 5-10 hours per module, in order to successfully complete each module.

A Certificate of Completion will be provided at the end of the twelve-module course. Participation in all practice sessions is mandatory for Certificate of Completion to be given. Level 1 Certification/Teachers Track, requires that you must complete successfully both the foundational primary Online Course along with the additional 12 Course Teachers Track. Each module has its course of study, reflection and some assignments. Paced with ease for the student's active lives. We require 100 percent participation of each module and completion of required assignments, in order for you to be awarded a Certificate of Completion at the end. You are responsible for making the commitment to each module and fulfilling the outline of weekly assignments, if you want to receive a Completion Certificate or optional Level I Instructor Certificate. \* Julie Sawyer must approve any extensions, or special timing requests for the assignment to be accepted.

Certification of Completion or Level I Instructor Certification will be granted at the end of the training, to those who have fulfilled the 12-module course successfully, and when all payments have been fully received by Baptiste Power of Yoga, LLC for this program.

**Course Fee:** Online Learning Yoga with Weights Baptiste Method 12 Modules Course Payment

**Special Discount Program Enrollment:**

\$1,385 Full Payment Received by February 26, 2023 (cashier's check or money order)  
(Discounted from normal fee of \$1,595)

\*Pay Pal Option available - registrant/payer will incur additional PayPal fees added to prices above of 3%.

**NOTE: Teachers Track for Certification:** If you are taking this Yoga with Weights Course Level I Instructor requires an additional \$295 final certification/registration fee at the end of module 12/time of certification. Payable to Baptiste Power of Yoga, LLC

**Satisfaction Guarantee:** If after 'module one' of the online learning program, you decided this program is not for you, a tuition refund will be given (minus a \$195 office fee). A request for refund must be sent in writing to Baptiste Power of Yoga P.O Box 414 Kentfield, CA 94914. **NO REFUND AFTER MODULE ONE.** Please note that if you have paid by PayPal your refund will be minus the \$195 office fee, plus any and all fees incurred and paid to PayPal. Both Office Fee and fees paid to PayPal will be subtracted from your tuition refund.

Regular Payment: \$1,642 (\$1,595 + \$47 PayPal fees)

**MEDICAL DISCLAIMER:** Our programs are educational experiences and are not to be mistaken for long-term therapy or cure. Some people may find some programs to be too psychologically or physically challenging. We recommend that you consult a physician or trusted counselor if you have any doubt.

We request along with your application, a photo for your file.



## Information Required:

First name \_\_\_\_\_ Last name \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

E-mail \_\_\_\_\_ Work phone \_\_\_\_\_

Occupation \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone number \_\_\_\_\_

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Fax: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_

Emergency contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

How did you hear about our Teacher Training program?

\_\_\_\_\_



Please answer all questions to the best of your ability using complete sentences, be descriptive. You may answer on the back of this sheet, attach another sheet to this if necessary - please number answers to match the question numbers. Thank you.

1. Please list any previous yoga, fitness, health professional or exercise experience (length of time, specific teachers, types of techniques novice or professional level).
2. Have you prior to this program, ever attended a Baptiste Training, Yoga or Yoga with Weights Class, or Retreat? When and with what teacher?
3. Why are you interested in this particular Online Learning Program?
4. What are your expectations for this training? What do you hope to gain, learn, or work on?
5. Tell us about your physical health (major illness, surgeries, any injuries or physical conditions we should know about?)
6. Tell us about your emotional and mental. (Any major illness or conditions we should know about?).
7. Please explain your willingness to be fully committed to the 12 modules of learning.
8. Do you understand that to receive a Certificate of Completion for the 12-module program, you must complete the program with all of the requirements and in a timely manor over the 12 modules of the training?
9. List any other interesting things you think we should know about you.
10. Are you taking this program mostly towards advancing your deeper understanding of yoga with weights to enhance your personal practice?
11. Do you plan to integrate this system into your weekly training program? Will this be practiced in your home, or at your local fitness club or gym?

**If you are an instructor or teacher:**

12. Is your goal to teach yoga with weights to others? If so, will you be interested in more information on the Level 2 Yoga with Weights: Baptiste Method Certification Process?
13. Do you already carry yoga teacher, health professional, or fitness instructor certifications?
14. If so, do you teach now? \_\_\_\_\_



15. If you are already teaching yoga or fitness:

- How long have you been teaching? \_\_\_\_\_
- Where do teach or instruct? \_\_\_\_\_
- What is the style or structure of the class? \_\_\_\_\_
- Approximately how many students do you teach? \_\_\_\_\_
- How long is each class? \_\_\_\_\_

16. **Do you understand that you will be required to purchase a hard copy, or digital copy of Yoga with Weights for Dummies by Sherri Baptiste (Wiley Publishers) to be used as the manual in this training? Initial Please \_\_\_\_\_**

17. **In addition, you'll need the following equipment to practice yoga with weights.** *Participants are required to have a yoga mat, handheld weights (1-3-5 max pounds per hand for women, and 5-8 pounds per hand for men). Ankle weights are also required for your own practice sessions (1-2-3 max pounds for women and 3-5 pounds for men).*

REGISTRATION: Baptiste Power of Yoga, LLC does not discriminate on the basis of race, color, religion, national origin, gender, age, marital status, disability, or sexual preference.

The information in this application will be treated as confidential.

Please complete fully and attach all required documentation.

**Registration must be received, with full payment by February 29, 2024.**

**Program Semester begins March 1, 2024:**

Please review your application for completeness prior to submission and retain a copy for your records. While BPY (Baptiste Power of Yoga) staff will send an email confirmation of receipt, **incomplete or late applications after the start of the program will not be considered for review.**

**Yoga with Weights Online Learning Registration Form:** May be hand delivered (students in class), or mailed to Baptiste Power of Yoga with full payment, or emailed with Pay Pal payment or mailed to:

Baptiste Power of Yoga, LLC  
 P.O. Box 414  
 Kentfield, CA 94914  
 Office- 888-804-9642  
 Email the complete application to [info@powerofyoga.com](mailto:info@powerofyoga.com).

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*Office use only*

- Date received \_\_\_\_\_
- Application completed, and signed \_\_\_\_\_
  - Photo included \_\_\_\_\_
  - Payment for online program received \_\_\_\_\_
  - Application approved/ Date approved \_\_\_\_\_

Acceptance letter/email sent

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## Course Breakdown:

**Accrediting Agencies:** When appropriate this program may provide units (CEU's) of Continuing Education, also Certification Units towards Yoga, Fitness, and Health Provider Instructor Certifications. Check with your agency or organizations to see if this program study course may apply. Breakdown of hours are shown below.

## **Breakdown of Yoga Alliance CEU's Foundational Sherri Baptiste YACEP**

(100 Hours Continuing Education)

Yoga with Weights Course Provides: Non- Contact Hours (100 hrs)

- 20 Hours: Meditation, Breathwork, Philosophy, History
- 20 Hours Practicum, Learning Yoga with Weights Techniques & Application (personal and for student body)
- 10 Hours Teachers Track additional homework Instructors Level I
- 35 Hours: Taking an online or correspondence course related to yoga, fitness and health
- 10 Submitting Observations
- 5 Hours: Producing yoga video recorded

## **Additional CEU's Breakdown for Yoga with Weights Certified Instructor Level I**

(additional 101 hrs)

Non-Contact: Additional Foundational (100 hour) Certified Instructor Level I (must do additional Teachers Track to receive Certification)

Yoga with Weights Course with Teachers Track Course Provides: Non- Contact Hours

- 14.5 Hours: Reading a book, watching video clips that deepens your yoga practice and understanding
- 50 Hours: Taking an online or correspondence course related to yoga and weights
- 10 Hours: Submitting scripted sequence
- 20 hours Teachers Training submission of Homework and Observations
- 6.5 Hours: Producing Online Zoom Production Sequencing and delivery

## Educational Categories:

**Techniques Training & Practice:** Includes yoga postures (asana), pranayama, meditation, philosophy and other traditional yoga techniques. Hours include (1) analytical training in how to practice the techniques.

**Techniques Training & Practice:** Includes yoga with weights exercises based on asana, breathing techniques, and meditation and other traditional yoga techniques.

**Teaching Methodology:** Includes principles of the student's process of learning yoga with weights.

**Anatomy & Physiology:** Includes some human physical anatomy and study of the subject and application of its principles to yoga with weights practice (benefits, contraindications, healthy movement patterns, etc.).

**Yoga Philosophy, Lifestyle:** Includes the study of yoga with weights philosophy, yoga lifestyle.

**Practicum:** Includes practice teaching (video clip production).

**NOTE: Baptiste Power of 'Yoga Teacher' Certification** - Yoga with Weights Online Course can contribute towards Baptiste Power of Yoga 200-hour and 500-hour (Yoga Alliance) Yoga Teacher Certification Programs. If you would like more info on how to apply and register for this Baptiste Power of Yoga Advancing Studies Program, email [info@powerofyoga.com](mailto:info@powerofyoga.com)

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