

THE YOGA & MOVEMENT CENTER



ADVANCED STUDIES/TEACHER TRAINING PROGRAM IV

MARCH 2010 – FEBRUARY 2011

DESIGNED FOR STUDENTS WITH AT LEAST ONE YEAR OF YOGA

ABOUT THE INSTRUCTORS:

Diane Valentine and Dennis Eagan are the primary teachers for the training.

*Dennis was certified by Rodney Yee at Piedmont Yoga and teaches with an Iyengar-influenced style, combined with the breath awareness of vinyasa and an emphasis on yoga as an energy practice.
www.wildyoga.com*

*Diane's teaching style derives from her Iyengar-influenced training with Judith Lasater in the therapeutic aspects of yoga, and her training as a Guild Certified Feldenkrais practitioner.
www.dianevalentine.com*

Together, Dennis and Diane's backgrounds prove a powerful combination that will provide a broad and exciting learning experience for all students.

GUEST TEACHERS:

*Judith Hanson Lasater
Sara Gamble
Connie Habash
Mary Cameron Smith*

The Yoga & Movement Center offers a 200-hour, Yoga Alliance-registered program that will help deepen your personal or teaching practice. The year-long curriculum is based on the therapeutic techniques and philosophy specific to the teachings of BKS Iyengar. His method focuses on anatomical alignment and detail, which results in inner strength and balance.

Students will meet Saturdays and Sunday afternoons, one weekend a month for 12 months of intensive study that will incorporate asanas, discussions, lectures, experiential sessions and home practices. You will be learning a therapeutic style of yoga that minimizes injury and stress to the body. The program is formulated to give students a workable schedule that is time-sensitive to the demands of our busy lives. Upon graduation, students will receive their internationally recognized teaching certification.

MISSION STATEMENT:

Upon completion of the Advanced Studies/Teacher Training Program students will be deeply grounded in the Iyengar yoga tradition while expanding their knowledge of yoga as therapy for the mind, body, and spirit. Students will leave the program with a strong base in the therapeutic aspects of both teaching and practicing yoga. This course is designed as a rich exploration of self-discovery, self-awareness, and health taught in a supportive and friendly environment.

COURSE OUTLINE:

Anatomy/Physiology

Ethics/Philosophy

Meditation/Pranayama/Restorative

Teaching Methodology

Foundations of Asana

Yoga for Specific Injuries

Observing and Understanding Bodies Sanskrit/Ayurveda

Yoga Sutras

DATES:

MARCH 20-21, 2010	JUNE 12-13, 2010	SEPT. 11-12, 2010	DEC.11-12, 2010
APRIL 17-18, 2010	JULY 10-11, 2010	OCT. 16-17, 2010	JAN. 8-9, 2011
MAY 15-16, 2010	AUG. 14-15, 2010	NOV. 13-14, 2010	FEB. 12-13, 2011

TUITION:

- The cost of the program is \$2,600 divided into 3 payments: a non-refundable deposit of \$1,068 is due Feb. 1, 2010, the first payment of \$766 is due May 1, and the final payment of \$766 is due Aug. 15.
- Cost after the Feb. 1 deadline is \$2,750. First payment is a non-refundable deposit of \$1,200 and two payments of \$775, each due June 15 and Sept. 15.
- Early Bird Discount: One payment of \$2,450 due January 20, 2010.

LOCATION: THE YOGA & MOVEMENT CENTER
1379 Locust St., Walnut Creek, CA 94596

MEETING TIMES: One weekend a month from March 2010 to February 2011.
Saturdays and Sundays from 12:30 to 6:30 p.m.

REGISTRATION FORM

Name _____ (As you want it on your certificate)

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail address _____

How long have you been studying/practicing yoga? _____

Write a description of your yoga experience (past & present) _____

Please include:

How often you attend/have attended yoga classes, where, taught by whom? _____

What styles of yoga you practice/have practiced? _____

Are you currently teaching yoga? If so, for how long and where? _____

Do you have/have had a personal yoga practice (outside of class). How often? _____

Please list any injuries or medical conditions that you have? Are you currently taking any medication? Have you had any recent surgery? _____

Please include your deposit to secure your space. Checks payable to The Yoga & Movement Center.