

Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

How long have you been studying/practicing yoga?: _____

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

How often do you attend yoga classes? _____

What styles of yoga do you practice/have you practiced?

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

Do you have/have you had a personal yoga practice (outside of class)?

How often? _____

Please list any injuries or medical conditions you have. Include current medications and recent surgeries.

Please include your deposit to secure your space.

THE YOGA & MOVEMENT CENTER



Advanced Studies Teacher Training Program VIII March 2018–February 2019



Mission Statement

Upon completion of the Advanced Studies/Teacher Training Program, students will be deeply grounded in the Iyengar tradition while expanding their knowledge of yoga as therapy. 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.



Program Description

The Yoga & Movement Center offers a 200-hour, Yoga Alliance- registered program that will help deepen your personal or teaching practice. This 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.

Training Schedule and Location

Students will meet Saturdays and Sunday afternoons 12:30pm-6:30pm, one weekend a month for 12 months. This year-long intensive study will incorporate asanas, discussions, lectures, experiential sessions and home practices. The program is formulated to give students a workable schedule that is time-sensitive to the demands of our busy lives.

March 3-4, 2018	September 8-9, 2018
April 7-8, 2018	October 13-14, 2018
May 5-6, 2018	November 3-4, 2018
June 2-3, 2018	December 1-2, 2018
July 7-8, 2018	January 5-6, 2019
August 4-5, 2018	February 9-10, 2019

All trainings take place at The Yoga & Movement Center, 1379 Locust St., Walnut Creek, California.

Therapeutic Focus

You will be learning a therapeutic style of yoga that minimizes injury and stress to the body. Upon graduation, students will receive their internationally recognized reaching certification.

Course Outline

Anatomy & Physiology	Foundations of Yoga and Asana
Meditation	Pranayama
Restorative	Sanskrit
Ayurveda	Yoga Sutras
Ethics and Philosophy	Teaching Methodology
Observing and Understanding Bodies	
Yoga for Specific Injuries and Populations	

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 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 include Connie Habash and JoAnn Lyons.

Tuition

Early Registration: \$3,150 non-refundable payment in full January 15, 2018

Regular Registration: \$3,350 divided into three payments. \$1200 non-refundable deposit **before February 15, 2018**. Two payments of \$1075 due June 1, 2018 and October 1, 2018.

Late Registration (after February 15, 2018): \$3,550 divided into three payments. \$1400 non-refundable deposit to secure space. Two payments of \$1075 due June 1, 2018 and October 1, 2018.

Tuition includes one weekly class with Diane Valentine at The Yoga & Movement Center.

All payments are non-refundable unless training is canceled.

Questions

Please contact Diane Valentine at diane@yoga-movement.com or 925-938-9642 with any questions about this program.