

## 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):

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How often do you attend yoga classes? \_\_\_\_\_

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

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

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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.

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Please include your deposit to secure your space.

# THE YOGA & MOVEMENT CENTER



## Advanced Studies Teacher Training Program IX March 2020–February 2021



### 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 Saturday afternoon 12:30pm-6:30pm and Sunday afternoon 11:30am-5:30pm, 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 21-22, 2020	September 19-20, 2020
April 18-19, 2020	October 17-18, 2020
May 16-17, 2020	November 21-22, 2020
June 13-14, 2020	December 19-20, 2020
July 18-19, 2020	January 16-17, 2021
August 15-16, 2020	February 20-21, 2021

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](http://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](http://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:** \$3,300 non-refundable payment in full January 20, 2020

**Regular Registration:** \$3,500 divided into three payments. \$1000 non-refundable deposit **before February 15, 2020**. Two payments of \$1250 due June 1, 2020 and October 1, 2020.

**Late Registration (after February 15, 2020):** \$3,800 divided into three payments. \$1300 non-refundable deposit to secure space. Two payments of \$1250 due June 1, 2020 and October 1, 2020.

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](mailto:diane@yoga-movement.com) or 925-938-9642 with any questions about this program.